

1. Primary Care Support

During business hours, call your primary care clinic if you experience any health concerns. An in-clinic or virtual visit might be available.

Contact: Pacific Medical Centers

Phone: (888) 472-2633

2. After Hours Support

If you experience an urgent health concern after hours that cannot wait until the next business day, your insurance may provide a Nurse Advice Line for advice on next steps (see the back of your health insurance card).

Phone:

If you do not have the Nurse Advice Line and you have an urgent health concern after hours that cannot wait until the next business day, call (888) 472-2633 then choose the clinic where you receive care to be connected to the after-hours phone line.

3. Urgent Care / ExpressCare Virtual

Urgent and ExpressCare can see you when you can't get into a PacMed clinic. Reserve your spot online to avoid a wait for Urgent Care clinics.

Urgent/Express Care: <https://www.providence.org/services/urgent-care> (888) 227-3312

Urgent/Express Care near you: _____

ExpressCare Virtual Visits: <https://www.providence.org/services/expresscare-virtual>

4. Support Team

If you don't know what to do, you have a support team to call on. This could be a family member, friend, neighbor, Care Manager, Social Worker, Community Health Worker, or RN Help Line from your insurance.

Contact: _____

Phone: () _____

5. Emergency Department

If you are experiencing a medical emergency or a life-threatening condition with severe symptoms, call 911!

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Urgent Care

MultiCare Indigo Urgent Care

15125 Meridian Ave E Suite 102, South Hill, WA 98375
(253) 697-3066

Hours: Daily: 8 AM-8 PM

Carbon Health Urgent Care Puyallup Sunrise Village

10221 156th St E P1-102, Puyallup, WA 98374
(253) 799-1246

Hours: Daily: 8 AM-6 PM

Providence ExpressCare - Virtual Visits



Reserve Your Spot: <https://www.providence.org/services/expresscare-virtual>



Where to go when you need care

Get the right care at the right time and right place.



SIMPLY THE RIGHT CARE

1.888.472.2633

www.PacMed.org

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SIMPLY THE RIGHT CARE

www.PacMed.org

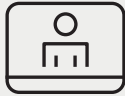
PRIMARY CARE



- Cost-effective care for acute/ chronic conditions and preventive care
- Non-urgent mental health and substance use
- Same day appointments often available

Low-cost option

VIRTUAL VISIT



- Affordable, convenient care for common conditions
- Same day appointments may be available for primary care, urgent care or express care
- Available up to 7 days/week

Low-cost option

URGENT CARE



- Cost effective alternative to the ED for illness or injuries that aren't life threatening
- No appointment needed

Medium-cost option

EMERGENCY ROOM



- Risk of Self-harm or harm to others
- Life-threatening conditions
- Severe symptoms that occur suddenly and unexpectedly

High-cost option

	PRIMARY CARE	VIRTUAL VISIT	URGENT CARE	EMERGENCY DEPT
	\$	\$	\$\$\$	\$\$\$\$
ALLERGIC REACTION	•		•	•
BACK PAIN	•		•	
BLADDER, URINARY OR YEAST INFECTION	•	•	•	
BROKEN BONES			•	•
CHEST PAIN				•
COLD & FLU SYMPTOMS	•	•	•	
DIABETES	•	•		
MINOR HEAD INJURY	•		•	
HEADACHE/MIGRAINE	•		•	•
HEAD TRAUMA WITH LOSS OF CONSCIOUSNESS				•
DENTAL PAIN			•	•
DIFFICULTY BREATHING	•		•	•
DIZZINESS	•		•	•
EAR PAIN/INFECTION	•	•	•	
FAINTING	•		•	•
FEVER	•	•	•	
HIGH BLOOD PRESSURE	•		•	
SADNESS FOR 2 WEEKS OR MORE; UNCONTROLLED WORRYING	•	•	•	
THOUGHTS OF SELF-HARM OR HARM TO OTHERS	CALL NATIONAL SUICIDE PREVENTION HOTLINE: 988			
ALCOHOL AND DRUG USE	•	•		
ALCOHOL/SEDATIVE WITHDRAWAL OR OVERDOSE				•
MILD ASTHMA	•		•	
NAUSEA/VOMITING/DIARRHEA	•	•	•	
POISON INGESTION	CALL POISON CONTROL FIRST: 1-800-222-1222			
SEIZURES				•
SEVERE BLEEDING				•
SINUS INFECTION	•	•	•	
SKIN RASH OR INFECTION	•	•	•	
SPRAINS	•	•	•	
STITCHES			•	•
MINOR OR RECURRENT STOMACH PAIN	•	•	•	
SEVERE STOMACH PAIN				•
STREP THROAT	•	•	•	
SUDDEN LOSS OR CHANGE IN VISION				•