



WHERE FOR CARE?

Your Primary Care Provider (PCP) is the best first line of support

and your primary partner in managing your health care needs.

Worried that it's after hours? Still call your PCP first and listen to the after-hours options in place to help guide you.

Wellness and preventive care:






- Yearly physicals and immunizations
- Management of chronic illness/conditions

Acute illness/injury, including but not limited to:

- Asthma
- Flu
- Vomiting
- Sore throat/cough
- Fever
- Rashes
- Ear aches
- Minor broken bones



Always call 911 or go to an emergency room if you're dealing with a life-threatening emergency.

CARE SETTING	EXAMPLES OF TYPE OF CARE*	*This is a sample list of services and is not all-inclusive	
 <p>Virtual Care</p> <p>24/7</p>	<ul style="list-style-type: none"> • Bronchitis • Cold & flu symptoms • Ear aches • Rashes • Sinus infections 	<p>Nurseline: Centura Health Connections Nurse Triage Line</p> <ul style="list-style-type: none"> • Supports finding appropriate level of care • Answers general health questions or connects you with appropriate provider • Call 1-888-808-8828 	<p>Centura Health Virtual Care: Virtual access to board-certified physicians, when you can't see your PCP</p> <ul style="list-style-type: none"> • Download the MDLIVE app through iTunes and Google Play • Call 1-888-632-2738 • Or go online at https://www.centura.org/virtual-care
 <p>Convenience Care</p>	<ul style="list-style-type: none"> • Asthma • Ear or eye infection • Minor fractures • Strains or sprains • Strep throat • Urinary tract infection 	<p>DispatchHealth: On-demand urgent, mobile care in the comfort of your home or work</p> <ul style="list-style-type: none"> • Service areas include Metro Denver, Boulder and Colorado Springs • You or your doctor can request care by calling 303-500-1518 or 719-270-0805 • Or go online at dispatchhealth.com and request care 	<p>Retail clinics such as Walgreens Healthcare Clinics</p>
 <p>Urgent Care Center</p>	<ul style="list-style-type: none"> • Sore throats • Rash • Cuts needing stitches • Minor broken bones • Minor infections and burns • Sprains and fractures 	<p>If you need care fast and your PCP is unavailable, try an urgent care center, which will be faster and less expensive than the ER.</p>	
 <p>Centura Health Emergency and Urgent Care Center</p> <p>24/7</p>	<ul style="list-style-type: none"> • Fever, flu, nausea • Head injuries • Sprains, broken bones • Sports injuries • Stomach or chest pain • True emergencies 	<p>Urgent care and emergency care in one location. After you check in, a doctor will examine you and determine the level of care you need. The best option if you're not sure whether you need emergency or urgent care.</p>	<p>Urgent care hours: 7 a.m. – 9 p.m. every day</p> <p>Emergency care hours: 24/7</p>
 <p>Emergency Room*</p> <p>24/7</p>	<ul style="list-style-type: none"> • Chest pain or difficulty breathing • Large open wounds • Loss of consciousness • Major burns • Major broken bones • Severe head injury 	<ul style="list-style-type: none"> • Spinal injuries • Sudden or severe pain • Sudden dizziness, weakness, difficulty talking or changes in vision • Uncontrolled bleeding 	<p>*In addition to hospital emergency rooms, Colorado has many freestanding emergency rooms. They may look like an urgent care office. If you receive care at one of these facilities that's not covered by your health plan you may be responsible for high out of pocket charges. Emergency fees will apply based on your insurance.</p>

\$

\$\$\$\$