

Where Do I Go for Medical Care?



Primary Care Provider

Call your doctor's office first. If your condition is urgent, they can tell you where to go.

- Check-ups, physicals
- Annual wellness exams
- Vaccines
- Pap smear
- High blood pressure care
- Diabetes care
- Asthma care
- Depression
- Medicine refills
- Sexually-transmitted infections
- Cough, cold, sore throat, or earache
- Flu or fever
- Painful or frequent urination
- Rashes and concerning moles
- Follow-up exam after Urgent Care or ER

My clinic: _____

Connect Care video visits



Use Connect Care video visits for:

- Cough, cold, sore throat, or earache
- COVID
- Flu or fever
- Allergic symptoms
- Eye infection
- Painful or frequent urination
- Lower back pain
- Minor burns, rashes, or skin infections

Sign up for Intermountain Connect Care and visit with one of our healthcare providers at:

intermountainconnectcare.org

Urgent Care (or Kids Care)



Go to an urgent care clinic if it's not an emergency but you need care right away.

- Minor cuts and scratches
- Minor broken bones
- Minor eye injuries
- Sprained ankle
- Vomiting
- Migraine headache
- Mild asthma flare-ups
- Painful or frequent urination
- Cough, cold, sore throat, or earache
- Flu or fever
- Rashes

Find a location here:
intermountainhealthcare.org/services/urgent-care-/instacareclinics/instacare-locations/

My urgent care: _____

Emergency room (ER)



Go to the ER or call 9-1-1 if you think your life may be in danger or you have severe pain.

- Severe breathing problems
- Chest pain
- Stroke-like symptoms
- Sudden severe headache
- Severe stomach pain
- Head injuries
- Poisoning
- Poison snake or insect bites
- Overdose
- Deep cuts
- Severe burns
- Serious broken bones
- Bleeding that won't stop
- New seizures
- Fainting
- Pregnancy problems

My hospital: _____