Where should you seek care?

**Nurse Line**
All ages
When you’re having symptoms and you’re not sure where to be seen, call us.

- 24/7 access by calling your primary care provider’s office
- Help in determining if self-care, a scheduled office visit or immediate medical attention is best for your condition
- Prescriptions for some conditions assessed during the phone call

*The nurse line does not replace calling 911 in an emergency.*

**Express Care Online**
18 months–75 years
Offers same-day or next-day medical advice and/or treatment

- Get quick, convenient care for 14 common health conditions
- Find a complete list of service fees and conditions online at: mayoclinichealthsystem.org/express-care-online

*Must have a Patient Online Services account

**Express Care**
18 months–75 years
A clinic that treats minor medical conditions

- Allergies
- Bladder, ear, eye and sinus symptoms
- Cold sores
- Head lice
- Minor acute conditions
- Sore throat
- Upper respiratory conditions
- Tick exposure
- Immunizations

*In communities without Express Care, patients can receive treatment for their minor medical conditions at Urgent Care.*

**Urgent Care/ Same Day Clinic**
6 months+
Offers same-day minor medical treatment

- Back or muscle pain
- Cuts and minor burns
- Ear ache
- Skin conditions
- Sprains or joint pain
- Upper respiratory infection and bronchitis
- Urinary tract infections
- Vomiting and diarrhea

**Primary Care**
Family Medicine | Internal Medicine | Pediatrics
All ages
Team-based approach to coordination of your overall care and connects you with advanced care, when needed

- Care for infants and children
- Chronic disease management
- Depression, stress and anxiety
- Workers’ compensation
- Preventive screenings
- Immunizations
- Men’s health
- Obstetrics
- Women’s Health
- Physicals

**Emergency Department**
All ages
Delivers care for severe and life-threatening situations that require immediate medical attention

- Chest pain or pressure
- Head injuries
- Life-threatening or severe illness or injury
- Seizures
- Severe abdominal pain
- Shortness of breath or pneumonia
- Sudden, severe headaches, paralysis or weakness
- Uncontrolled bleeding

For a full list of services and age requirements in your area, visit www.mayoclinichealthsystem.org/urgentcare or www.mayoclinichealthsystem.org/sameday
Where should you seek care?

**Call 911** All ages
Call 911 right away for these symptoms; don't drive yourself

- Life- or limb-threatening injury
- Shortness of breath or difficulty breathing
- Signs of stroke, including sudden numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness
- Signs of a heart attack, including chest pain, pain in the left arm or jaw, sudden weakness or dizziness

**Hometown Health Blog** All ages

- Improve your health and well-being
- Enjoy blog posts from providers, patients and community members
- Go to mayoclinichealthsystem.org/hometown-health

**Wellness enewsletter** Adults

- Be informed of ways to get healthier
- Learn about health-related classes and events
- Simply text "mchshealth" to 22828 to get started

**Patient Online Services & Mayo Clinic App*’** All ages
Access your patient record from your desktop or mobile device

- Review lab results, clinical notes and medication lists
- Communicate with your provider
- Manage upcoming appointments
*Must be a patient to create an account

**Symptom checker** All ages

- Get at-home treatment advice
- Determine if you should see an expert
- Go to mayoclinic.org/symptoms

**Billing & insurance** All ages
Go to mayoclinichealthsystem.org, select a location, then Billing & Insurance

- Help to sort out medical charges and insurance issues
- Learn about payment plan options
- Use Online Bill Pay to make a payment using a credit card, debit card or checking account

Fees apply