### 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
- Chronic disease management
- Depression, stress and anxiety
- Immunizations
- Care for infant and children
- Men’s health
- Minor surgeries, illnesses and injuries
- Physicals and preventive screenings
- Women’s health and obstetrics
- Workers’ compensation

### Urgent Care

**Newborn +

- 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

### 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
- Go to mayoclinichealthsystem.org/express-care-online*

*Must have a Patient Online Services account

### Emergency Department

**All ages**

- Delivers care for severe and life-threatening situations that require immediate medical attention
- Chest pain or pressure
- Head injuries
- Seizures
- Severe abdominal pain
- Shortness of breath or pneumonia
- Sudden, severe headaches, paralysis or weakness
- Uncontrolled bleeding

### Call 911

**All ages**

- 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

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

*Note: Fees apply.*

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**Go to mayoclinichealthsystem.org for more information.**
**Patient Online Services & Mayo Clinic App**

- 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

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**Symptom checker**

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

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**24/7 Nurse Line**

- 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
- Call us at 1-877-412-7575

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

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**Hometown Health Blog**

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

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**Wellness enewsletter**

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

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**Billing & insurance**

- Help to sort out medical charges and insurance issues
- Learn about payment plan options
- Stop by any clinic or hospital location, or call us at 1-844-217-9591
- Use Online Bill Pay to make a payment using a credit card, debit card or checking account

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**CONNECT WITH US**

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