Where should you seek care?

**Nurse Line**
All ages

- 24/7 access
- Visit mayoclinichealthsystem.org/nurse-line for local phone number.
- 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.*

**Primary Care**
Family Medicine | Internal Medicine | Pediatrics
All ages

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

*Some visits may be completed virtually from the comfort of your home. Ask about virtual visit availability when scheduling your appointment.*

**Express Care Online**
18 months–75 years

- Answer questions on a diagnostic questionnaire for your condition and submit
- During regular business hours receive an answer within one hour, after hour submissions will be answered by 9 a.m. next day
- Available daily from 8 a.m. to 7 p.m.
- Find a complete list of services at mayoclinichealthsystem.org/expresscareonline
- Requires 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

*Receive care in-person or by virtual visit. Not available in all locations.*

**Urgent Care / Same Day Clinic**
6 months+ / 3 months+

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

For a full list of services and age requirements in your area, visit mayoclinichealthsystem.org/urgentcare or mayoclinichealthsystem.org/sameday

Some visits may be completed virtually from the comfort of your home. Ask about virtual visit availability.

**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

*Some visits may be completed virtually from the comfort of your home. Ask about virtual visit availability when scheduling your appointment.*
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

**Mobile Health Clinic**
All ages

- A mobile unit offering virtual or in-person care to communities with two exam rooms and an on-site laboratory
- Connecting you to care, close to home for routine or preventive needs, including acute illness and infection
- For a full list of services and locations visit mayoclinichealthsystem.org/mobilehealthclinic

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

- Access your patient record from your desktop or mobile device to 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
- Available within your Patient Online Services account or mayoclinic.org/symptoms to assess symptoms for various conditions

**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

**Hometown Health Email Newsletter**
All ages

- Expert advice and inspiring stories delivered to your inbox each month
- Go to mayoclinichealthsystem.org/hometown-health and click on any post to get started.

**Fees apply**

mayoclinichealthsystem.org

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