



HEALTH PLAN

IS IT URGENT OR EMERGENT?

It can be hard to know what to do when you or a family member gets sick and your doctor's office is closed. Here are some helpful tips:

I <u>Should</u> Go To Urgent Care If:	I <u>Should</u> Go To Emergency If:
<ul style="list-style-type: none"> ◆ I think I have the flu ◆ I have an earache ◆ I have a fever without any seizures or shaking ◆ I have a sore throat ◆ I have a skin rash ◆ I have a sunburn or minor burn ◆ I have a cold ◆ I have a sprain or strain 	<ul style="list-style-type: none"> ◆ I can't breathe ◆ I have chest pain ◆ I fainted ◆ I am suddenly dizzy, weak or have sudden severe pain ◆ I am bleeding and can't stop ◆ I feel like I might hurt myself ◆ I feel like I might hurt someone else ◆ I swallowed poison
<p>This is a short list of examples of when you should NOT go to the emergency room (ER). Most of the time you should contact your doctor with these complaints before you get treatment.</p>	<p>This is a short list of examples of when you need to call 911 or go to the nearest Emergency Room (ER).</p>
<p style="text-align: center;">This is not meant to take the place of your doctor's medical advice. Follow what your doctor tells you.</p>	

A reminder for McLaren Health Plan members:

Urgent care is a good option for non-life threatening illnesses or injuries. A list of Urgent Care Centers can be found on the McLaren Health Plan website at McLarenHealthPlan.org or by calling Customer Service at (888) 327-0671.