

Your Doctor

Your primary care doctor is your partner. Together you work as a team to take care of your medical needs. Having a primary care doctor means he or she gets to know you individually and can provide:

- A better understanding of you, your health conditions, and treatment options
- Follow-up and continuity of care (one person who knows all your medical issues)
- Discussions about what you should do when you have a condition you feel is urgent and the office is closed or your doctor is not available

If you go to an Urgent Care or Emergency Room for treatment you should always follow up with your primary care doctor to keep them updated. It is important to maintain open lines of communication regarding your health and care.

If you do not have a primary care doctor, your health plan can assist you to find a participating primary care doctor in your area. Everyone deserves to have the right care, in the right place, at the right time so **FindMICare** website and app are now available to help. **Find MI Care** app can be downloaded for free at the Google Play store and Apple Store. To view the desktop version, visit <http://www.findmicare.org/>.



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Provided through the partnership and collaboration of the Greater Detroit Area Health Council (GDAHC) Emergency Department Utilization (EDU) Team



GREATER DETROIT AREA HEALTH COUNCIL

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GREATER DETROIT AREA HEALTH COUNCIL

I'm sick or hurt... Where do I go?

(Or, where do I take my child or parent?)



Getting Care in the Right Setting

The Greater Detroit Area Health Council © 2013
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I'm sick or hurt...Where do I go?

**CALL OR
SEE MY
DOCTOR**

Need medical care and feel safe to wait a day

Contact your primary care doctor when you need treatment for conditions you feel are not immediately dangerous. These are situations when your primary care doctor can take care of you in his/her office. Examples of conditions you may want to contact your primary care doctor about include:

- Runny nose
- Simple backache
- Sore throat
- Earache

If you need assistance finding a primary care doctor, please see information on back.

My Doctor's

Name: _____

Address: _____

Phone#: _____

Office Hours: _____

**GO TO
URGENT
CARE**

Need medical care today and feel safe to wait a few hours

Go to an Urgent Care Center when your condition is not life threatening, but needs attention promptly. This means you need to see your primary care doctor the same day, but either your doctor was not available or an available appointment did not meet your needs. Situations when you may want to seek urgent care include:

- The office is closed and you cannot wait
- Your doctor could not see you the same day, or appointment options did not meet your needs
- You are told to go to the Urgent Care
- You do not have a primary care doctor

Urgent Care: _____

Address: _____

Hours: _____

**GO TO
EMERGENCY
OR CALL 911**

Need medical care now and do not feel safe to wait

When you need medical attention now and do not feel safe to wait, go to the Emergency Department. An "emergency" means medical care may be needed immediately and waiting may be dangerous. Some examples are:

- Trouble breathing
- Chest pains
- Fainting
- Uncontrolled bleeding
- Severe pain
- Serious injury

Emergency care is always available 24 hours a day, 7 days a week at designated Emergency Departments. If you have an emergency, go to the nearest Emergency Department or call 911 for help.