

When + where to get care



How to find the best care for you

Taking charge of your health care can be difficult. With so many choices on where to get care, finding the option that works best for you can be challenging. But we're here for you. This information will help you understand your options.

When you need routine care:

CLINIC	EXAMPLES
Your clinic has your health history and medical records.	<ul style="list-style-type: none">• Regular exams, including Child and Teen Checkups• Minor illnesses: strep, ear and sinus infections, cold and flu-like symptoms, sore throat, bladder infection• School and sports exams• Medication management• Seasonal allergies• Follow-up care to an illness or injury• Shots (immunizations)• Any conditions listed in Convenience Care and Urgent Care sections

When you have a common illness:

CONVENIENCE CARE	EXAMPLES
These clinics are in pharmacies, retail stores, and grocery stores such as CVS, Target, Walmart.	<ul style="list-style-type: none">• Minor illnesses: strep, ear and sinus infections, cold and flu-like symptoms, sore throat, bladder infection• Skin treatments: rash and minor skin infections• Minor injuries: burns, bruises, and blisters• Blood pressure checks

When you need care right away:

URGENT CARE	EXAMPLES
Has “Urgent Care” in the name. No appointment necessary. Open after regular clinic hours, weekends and/or holidays.	<ul style="list-style-type: none">• Minor illnesses: strep, ear and sinus infections, cold and flu-like symptoms, sore throat, bladder infection• Headaches and migraines• Skin treatments: rash and skin infections, cuts• Injuries: strains, sprains, and minor broken bones• Dental pain

EMERGENCY ROOM	EXAMPLES
Emergency Rooms (ERs) are for conditions that need treatment right away. If your situation seems life threatening or likely to cause serious or mental harm, either call 911 or go to the nearest Emergency Room.	<ul style="list-style-type: none">• Heavy bleeding• Large open wounds• Signs of stroke (sudden change in vision, sudden dizziness, sudden weakness or numbness, and/or trouble talking or understanding speech)• Chest pain• Major burns• Severe head injury• Trouble breathing• You want to hurt other people or yourself



Have questions? We're here to help.

Contact your Care Coordinator for more information.

Medica DUAL Solution® and Medica AccessAbility Solution® Enhanced are HMO D-SNPs that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in Medica DUAL Solution and Medica AccessAbility Solution Enhanced depends on contract renewal.

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1 (888) 347-3630 (toll free) TTY: 711

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

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Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လီၤဝဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທສໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

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Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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LB2 (10-20)