

CHOOSING THE RIGHT CARE AT THE RIGHT PLACE

Understanding the difference between care options can help you make the right choice for your care.



PRIMARY CARE

Your primary care provider (PCP) is usually your first contact for nonemergency care. Your PCP knows your health history best and can care for most of your health issues. Your PCP also helps you find a specialist when you need one.

Common reasons to see your primary care provider:

- ✓ Annual checkup
- ✓ Chronic conditions
- ✓ Pain that won't go away
- ✓ Physical/mental changes
- ✓ Injury that isn't healing
- ✓ Immunizations
- ✓ Sports physicals



Be happy and healthy

Studies show that people who see their PCP regularly enjoy better health, have fewer hospital stays, and pay lower medical bills.



QUICK CARE

When your primary care provider isn't available, Quick Care treats patients with minor illnesses and injuries. You can even see a provider from the comfort of your own home with a telehealth visit.

Common Quick Care and Urgent Care problems:

- ✓ Earaches
- ✓ Eye infections
- ✓ Bladder infections
- ✓ Diarrhea, nausea, vomiting
- ✓ Rash
- ✓ Insect bites
- ✓ Minor burns
- ✓ Seasonal allergies



Care close to you

Quick Care offers a convenient option for walk-in care, with several locations throughout Iowa City and surrounding communities.



URGENT CARE

Urgent Care treats more conditions than Quick Care, including minor injuries requiring X-rays, and can place stitches and administer IV fluids.

In addition, Urgent Care can also treat:

- ✓ Broken bones
- ✓ Strains and sprains
- ✓ Cuts and scrapes
- ✓ Dehydration



Extended hours

Urgent Care has extended hours, offering a convenient way to receive care during evenings and weekends. Urgent Care is also open most holidays.



EMERGENCY ROOM

Go to the emergency room if you have a serious or life-threatening condition. If a person could die or be permanently disabled, it is an emergency.

Common Emergency Room problems:

- ✓ Head injury
- ✓ Stroke
- ✓ Severe bleeding
- ✓ Chest pain
- ✓ Abdominal pain
- ✓ Difficulty breathing
- ✓ Severe pain
- ✓ Newborn fever
- ✓ Major trauma
- ✓ Suicidal thoughts



Call 911

If a person could die or be permanently disabled, it is an emergency. Call 911 to have the emergency team come to you right away if you cannot wait.



Learn more about same-day care options from UI Health Care.

→ uihc.org/same-day