

Where for care? PLAN



Medical emergencies can happen at any time. Do you know where you'll go for care when you and your family need it most? Create your plan *before* an emergency happens.

Understanding where to go for care can affect how much you pay, how long you wait, and the treatment you receive. Cost is typically determined based on the type of facility you visit – not just your injury or condition. Your primary care provider will usually be the cheapest option, followed by urgent care. The ER – whether freestanding or connected to a hospital – is the costliest option for care.

INSURANCE: _____

Plan/ID number _____
Phone _____
Website _____
Nurse call line _____



PRIMARY CARE PROVIDER / PEDIATRICIAN (\$)

Your first line of care when you can make a daytime appointment. Best for wellness screenings, immunizations, chronic conditions, and other non-urgent issues.

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____



URGENT CARE (\$\$)

Best for non-life-threatening conditions when your primary care provider is unavailable – most often during extended evening and weekend hours.

Name _____

Address _____

Phone _____



EMERGENCY DEPARTMENT (\$\$\$)

Available 24/7 for emergencies like chest pain, trouble breathing, large wounds, or broken bones.

Name _____

Address _____

Phone _____

If you have a life-threatening condition, call 9-1-1.