



# PCP Contact Sheet

WHERE AND WHEN TO GO FOR CARE

When you need medical care, your first call should be to my office.

## Contact Information

Practice Name:

Physician Name:

Phone:

Office Hours:



### Convenience Care Center

When you need care and can't reach me, know where to go. If you have a condition that is not life threatening, but requires prompt medical attention, seek out convenience or urgent care.

Convenience and urgent care centers treat a variety of symptoms including:

- Broken fingers
- Burns and rashes
- Colds and flu
- Ear or eye infections
- Fractures and sprains
- Painful sore throats



### Urgent Care Center



### First Help

#### Or, let a nurse help you.

As a CareFirst BlueCross BlueShield and/or CareFirst BlueChoice, Inc. (CareFirst) member, if you can't reach me, or are unsure about the seriousness of your symptoms, you can also call

**FirstHelp** at **(800) 535-9700**.



### Emergency Room

Remember, convenience care and urgent care centers don't take the place of your doctor.

Medical emergencies require a visit to the emergency room (ER).

If your situation is a medical emergency – call 911 or go directly to the nearest emergency care facility.

**Convenient. Urgent. Emergent.**