

Emergency or urgent care?

Go to emergency room (or call 9-1-1) if ...

- There's an accident or illness needing immediate help.
- Delaying treatment could mean death, serious complications or permanent disability.
- You are having a heart attack, stroke, severe chest or abdominal pain, or uncontrolled bleeding.

Go to urgent care if ...

- Immediate treatment is needed – but isn't life threatening.
- Your doctor can't see you.
- You have symptoms such as minor cuts, ear infections, sprains, or stomachaches.

Plan ahead

Know the location of your closest emergency and urgent care facilities. Visit www.providence.org/healthplans/members and click on "emergency and urgent care."

Not sure?

Call Providence RN, our 24-hour medical advice line:

- **503-574-6520** (Portland)
- 800-700-0481 (outside Portland)
- 800-735-2900 (hearing impaired)