

# Call us first!

*Yes, even  
after-hours!*

Not feeling well? Have a minor injury or illness?

Call your healthcare provider **FIRST**.  
They can help you decide what to do next.



*Keep their numbers handy!*



## ADVANTAGES of calling us first! *(Yes, even after-hours!)*

- ✓ As your primary care provider, we know you best.
- ✓ We may be able to get you in the same day for certain conditions.
- ✓ Our after-hours call service can help answer your questions and help you decide what to do next.
- ✓ Avoid long wait times in the ER.
- ✓ Save money (co-pays, deductibles, etc.)
- ✓ Save worry – put your mind at ease.

Does my insurance offer telehealth visits?

Does my doctor's office have an after-hours help line?

Is it safe to wait until tomorrow to be seen?

Could this be COVID?

Do I need to call 9-1-1 for an ambulance?

Should I go to the emergency room? How many hours will I have to wait?

Should I go to urgent care?

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