

Not feeling well? Have a minor injury or illness?

**Call your  
primary care first!**

*Yes, even  
after-hours!*

## ADVANTAGES of calling your healthcare provider FIRST!

- ✓ Your primary care doctor knows you best.
- ✓ They may be able to get you in the same day for certain conditions.
- ✓ Many have after-hours and on-call services that can help answer your questions.
- ✓ Avoid long wait times in the ER.
- ✓ Save money (co-pays, deductibles, etc.).
- ✓ Save worry – put your mind at ease.



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