



Choosing the Right Kind of Medical Care ...

When unexpected illness or injury occurs, where should you go for medical care?

Primary Care Provider

For non-urgent healthcare needs, call your primary care provider (PCP) for an appointment – most offices offer same-day access.

- Always keep your PCP informed about any other health care you receive so he or she has the information needed to keep you healthy.
- See your PCP regularly to monitor chronic (long-term) conditions.
- Keep regular appointments as recommended by your PCP.



Express Care

An Express Care facility offers treatment for conditions that should be addressed within 24 hours to avoid further complications. No appointments are necessary; walk-ins are welcome.

Conditions include:

- Bronchitis
- Conjunctivitis (pink eye)
- Earaches
- Fever
- Influenza
- Minor back or shoulder pain (without earlier injury)
- Minor burns/cuts
- Seasonal allergies
- Skin rashes
- Sore throats
- Sprains/strains
- Urinary tract infections

* ACMC Express Care is for patients age two and older. Most insurances are accepted. Co-pays are similar to a PCP office visit.

Emergency Department

The Emergency Department treats more serious illnesses, injuries, and conditions that require immediate medical care, such as:

- Accidents, including falls and car crashes
- Chest pain
- Coughing up or vomiting blood
- Drug overdose
- Fever
- Head injury
- Injuries caused by violence
- Life-threatening conditions
- Loss of consciousness
- Major trauma
- Poisoning
- Severe persistent abdominal pain
- Severe burns
- Severe headache
- Shortness of breath
- Sudden paralysis (stroke symptoms)
- Suicidal feelings
- Uncontrolled or excessive bleeding