Virtual, urgent or emergency care?
How to get the right care, in the right place, at the right time.

**Quick Care Video Visit**
Convenient for mild symptoms.
- COVID-19
- Allergies
- Cold or flu
- Sinus infections
- Sore throat

**Urgent care**
Quick with low co-pay.
- Cuts and scrapes
- Rashes
- Sprains and strains
- Minor burns

**Emergency care**
For serious conditions.
- Broken bones
- Convulsions or seizures
- Difficulty breathing
- Chest pain
- Dizziness
- Loss of consciousness

If you think you’re experiencing an emergency, dial 911.
When you should go to the emergency room

Go to the emergency room for serious conditions like:

- Broken bones
- Convulsions or seizures
- Difficulty breathing
- Chest pain
- Dizziness
- Loss of consciousness

Urgent care or a virtual visit might be the right fit for more mild symptoms like:

- Cuts and scrapes
- Rash
- Sprains or strains
- Cold or flu
- Sore throat

If you think you’re experiencing an emergency, dial 911.