

WHEN & WHERE *to get care*

Clinic

For sick and well visits. (Your clinic has your health history and medical records.)

- ▶ Regular physicals, including Child and Teen Checkups
- ▶ Minor illnesses: sore throat, ear and sinus infections, cold and flu-like symptoms, bladder infection
- ▶ School and sports physicals
- ▶ Medication management
- ▶ Seasonal allergies
- ▶ Follow-up care to illness or injury
- ▶ Immunizations (shots)
- ▶ Any conditions listed in Convenience Care and Urgent Care sections

Convenience Care

Walk-in and retail clinics treat uncomplicated illnesses. (Clinics located in pharmacies, retail stores and grocery stores such as CVS, Target, Walmart, and more.)

- ▶ Minor illnesses: sore throat, ear and sinus infections, cold and flu-like symptoms, bladder infection
- ▶ Skin care: rash and minor skin infections
- ▶ Minor injuries, burns, bruises and blisters
- ▶ Other: blood pressure checks

Urgent Care

Non-emergencies that require immediate care. (Has “Urgent Care” in the name. No appointment necessary; open after regular clinic hours, weekends and/or holidays.)

- ▶ Minor illnesses: sore throat, ear and sinus infections, cold and flu-like symptoms, bladder infection
- ▶ Headaches and migraines
- ▶ Skin care: rash and skin infections, cuts
- ▶ Injuries: strains, sprains and minor broken bones
- ▶ Dental pain

Emergency Room

For a true health emergency. (Wait times can be long if you don't have a true emergency.)

- ▶ Heavy bleeding
- ▶ Large open wounds
- ▶ Signs of stroke (sudden change in vision, sudden weakness, sudden trouble talking)
- ▶ Chest pain
- ▶ Major burns
- ▶ Severe head injury
- ▶ Trouble breathing

If your situation seems **life threatening**, go to an ER or call 911 right away.

Getting the Care You Need

Helpful Phone Numbers for Health Plan Members on Medical Assistance & MinnesotaCare

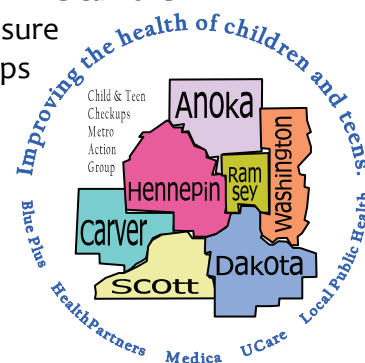
tip Your health plan can help you find the provider to meet your healthcare needs. Just call a nurse at your health plan for help. The nurse can help day and night!

	Blue Plus	HealthPartners	Medica	UCare
24/7/365 NURSE INFORMATION LINE	FirstHelp™ 1-800-622-9524 TTY 1-800-659-3656	CareLine 612-339-3663 1-800-551-0859 TTY 952-883-5474	Medica CallLink® Nurse Line 1-866-715-0915 TTY Call the National Relay Center at 1-800-855-2880 and request they call Medica CallLink.	Health Connection Line 1-800-942-7858 TTY 1-877-728-3311

Reminder . . . Children require many more preventive care visits than adults – we call them

Child and Teen Checkups (C&TC). It's one of the easiest things you can do to make sure your child is as healthy as can be. Children should go in for these important checkups at the following ages:

- | | | | |
|-----------------|-------------|------------|------------|
| ▶ birth-1 month | ▶ 12 months | ▶ 4 years | ▶ 12 years |
| ▶ 2 months | ▶ 15 months | ▶ 5 years | ▶ 14 years |
| ▶ 4 months | ▶ 18 months | ▶ 6 years | ▶ 16 years |
| ▶ 6 months | ▶ 24 months | ▶ 8 years | ▶ 18 years |
| ▶ 9 months | ▶ 3 years | ▶ 10 years | ▶ 20 years |



For more information on Child and Teen Checkups or other county services, call your county C&TC program. The number is listed below.

Anoka 763-422-6932

Hennepin 612-348-5131

Ramsey 651-266-2420

Carver 952-361-1329

612-348-0095 **Bosnian, Polish**

651-266-2513 **Spanish**

Dakota 952-891-7520

612-879-3279 **Spanish**
& 612-596-7750

651-266-2412 **Hmong**

952-891-7509 **Spanish**

612-348-6074 **French**

651-266-2433 **Karen**

Scott 952-496-8420

612-348-5606 **Hmong**
& 612-348-6226

651-266-2430 **Oromo, Amharic**

952-496-8014 **Somali**

612-596-6514 **Oromo, Amharic**

651-266-2517 **Somali**

952-496-8017 **Spanish**

612-348-0174 **Somali, Arabic**

Washington 651-430-6750

952-496-8013 **Russian**