# 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.*
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!

<table>
<thead>
<tr>
<th>24/7/365 NURSE INFORMATION LINE</th>
<th>Blue Plus</th>
<th>HealthPartners</th>
<th>Medica</th>
<th>UCare</th>
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<tbody>
<tr>
<td>FirstHelp™</td>
<td></td>
<td>CareLine</td>
<td>Medica CallLink® Nurse Line</td>
<td>Health Connection Line</td>
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<tr>
<td>1-800-622-9524</td>
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<td>612-339-3663</td>
<td>1-866-715-0915</td>
<td>1-800-942-7858</td>
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<td>TTY 1-800-659-3656</td>
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<td>1-800-551-0859</td>
<td>TTY</td>
<td>TTY 1-877-728-3311</td>
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<td>952-883-5474</td>
<td>Call the National Relay Center at 1-800-855-2880 and request they call Medica CallLink.</td>
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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
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years
- 12 years
- 14 years
- 16 years
- 18 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
Carver 952-361-1329
Dakota 952-891-7520
Scott 952-496-8420

Hennepin 612-348-5131
612-348-0095 Bosnian, Polish
612-879-3279 Spanish & 612-596-7750
612-348-6074 French
612-348-5606 Hmong & 612-348-6226
612-596-6514 Oromo, Amharic
612-348-0174 Somali, Arabic

Ramsey 651-266-2420
651-266-2513 Spanish
651-266-2412 Hmong
651-266-2433 Karen
651-266-2430 Oromo, Amharic
651-266-2517 Somali

Washington 651-430-6750