

PLAN YOUR CARE



PRIMARY CARE PROVIDER

Your **PRIMARY CARE PROVIDER** is your first stop in your health care. Your PCP relationship will keep you healthier through education, preventative care and can assist faster with all health changes. It is the most beneficial and cost-effective relationship you can have! **CONTACT YOUR PCP FIRST** before seeking other treatment options.

URGENT CARE

When your PCP office is closed.

Non-life-threatening illness or injury treatment.

Examples: Sprains, cuts, minor burns, UTI's, pink eye, back pain, constipation, diarrhea, earache, sinus infection, bronchitis

EMERGENCY ROOM

Life threatening emergencies call 911 or go to the ER.

Examples: Chest pain/pressure, seizure, head injury, compound fracture, pneumonia, severe stomach pain, breathing issues, sudden headache, paralysis, uncontrolled bleeding, bone exposed laceration.

To Access a PCP or Service
www.sjmed.com

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HEALTH SYSTEM
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