

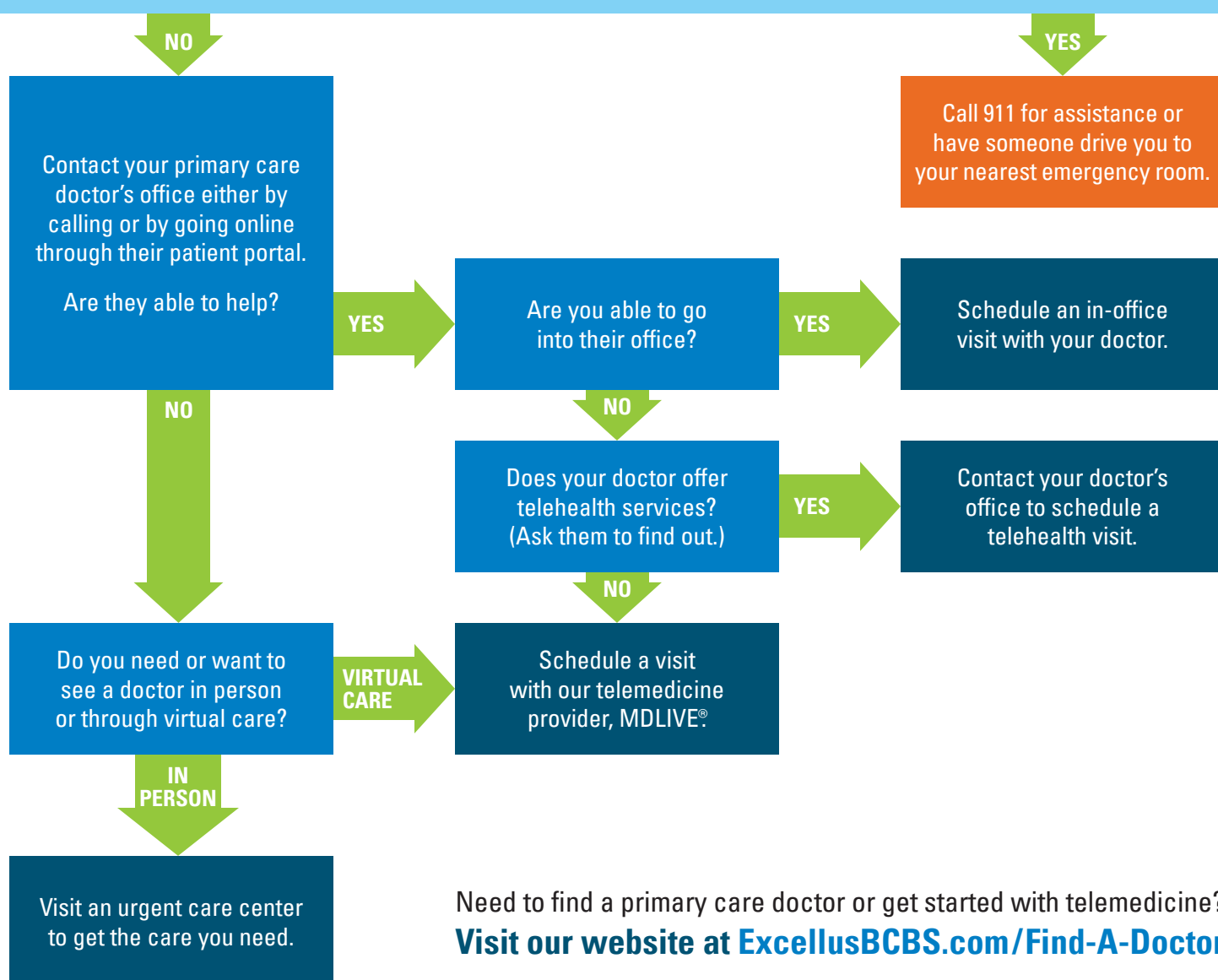
# Which Care is Best for Me?

When you need medical care, you have many options, but what is the best fit for your needs? Below are some questions to think through the next time you are trying to decide whether to go to your Primary Care Doctor, Virtual Care, Urgent Care, or the Emergency Room.

## Are you experiencing any of the following potentially life-threatening conditions?

*Some examples include:*

- Heart attack signs, such as severe chest pain
- Stroke signs, such as numbness, sudden loss of vision and difficulty talking
- Severe shortness of breath
- Coughing up or vomiting blood
- Cuts or wounds that won't stop bleeding
- Possible broken bones
- Poisoning
- Trauma to the head
- Sudden, severe abdominal pain
- Suicidal thoughts



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