

# When to Visit Primary Care:

Your primary care doctor is your partner in good health and your main point of contact for your health care needs. Your doctor gives you routine care and will treat you when you have a problem that is not an emergency. You should see your doctor once a year and as needed to help you with ongoing health problems. **To find a primary care location near you, visit [umcapitalregion.org](http://umcapitalregion.org).**



Routine Well Visits



Preventative Care



Immunizations or Shots



Diabetes (Sugar)



Rashes



Cold & Flu Symptoms



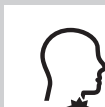
Colonoscopy



High Blood Pressure



Tooth Pain



Sore Throat



Pink Eye



Lower Back Pain



Animal or Insect Bite



Urinary Tract Infection



Pap Smear

# When to Visit the Emergency Department:

You should use the emergency room for any life or death emergency. You should follow up with your primary care doctor after a visit to emergency room. For more information about the emergency services at **UM Capital Region Health**, visit [umcapitalregion.org](http://umcapitalregion.org).



Allergic Reactions



Babies Needing Immediate Care



Serious Eye or Head Injuries



Severe Burns



Suspected Drug Overdose or Poisoning



Severe Abdominal or Chest Pain



Breathing Problems



Heart Attack Symptoms



High Fevers



Stroke Symptoms