

Deciding which option best meets your health care needs

Primary Care

Average Cost:
\$

Always begin with your primary care provider's office, unless you have a life-threatening emergency. This team serves as your medical home helping to manage your health and coordinate your care. If you don't have a primary care provider that you see on a regular basis for routine health care, call 1-800-THE DESK (1-800-843-3375) for assistance in getting an appointment.

Hours: Traditional business hours, with some locations offering early morning or evening hours, Monday-Friday. Most locations see patients by appointment and offer same-day access.

- Regular physical, preventive screening
- Routine chronic medical conditions (diabetes, high blood pressure, sleep disorders, depression, cholesterol)
- Common illnesses (cold, flu, earache, sore throat, low-grade fever, migraine)
- Minor injury

Urgent Care

Average Cost:
\$-\$\$

If your need is not an emergency but needs immediate attention, Urgent Care is ideal for treatment of minor illnesses and accidents.

Hours: Open seven days per week, with evening and weekend access. No appointment needed.

- Cold
- Minor broken bone
- Sprains and strains
- Cut requiring stitches
- Animal or insect bite
- Mild fever
- Rash
- Minor injury
- Flu
- Earache
- Sore throat
- Migraine headache
- Minor burn

Emergency Department

Average Cost:
\$\$\$\$

Immediately call 911 or seek care at an Emergency Department for life-threatening conditions.

Hours: 24/7 access to emergency medical personnel.

- Severe chest pain
- Difficulty breathing
- Severe abdominal or chest pain
- Drug overdose or poisoning
- Serious injury/burn
- Sudden severe headache
- Sudden weakness or loss of coordination or balance
- Seizure
- Severe bone fracture
- Deep cut or bleeding that won't stop
- Inhaled smoke or poisonous fumes
- Coughing or throwing up blood
- Suicidal thoughts
- Loss of consciousness

What connected feels like®



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**NORTH MISSISSIPPI
HEALTH SERVICES**

Where to go?

If you don't know where or when to seek health care, call Nurse Link, a free service provided by North Mississippi Health Services at **1-800-882-6274**.

The telephone triage service is available in Mississippi, Alabama and Tennessee from 4 p.m. to midnight Monday through Friday and 8 a.m. to midnight on weekends and holidays.

Visit www.nmhs.net/clinics.php for a listing of our clinic locations.