

Did you know that 71% of Emergency Department visits are avoidable?

Your primary care team serves as your medical home and best helps coordinate your care.



Nurse Link

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.



Where to go for Connected Care?

Primary Care
Urgent Care
Emergency Department

A guide to help you choose a high-quality option that 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

