

drink 8 glasses of water a day
eat 5 fruits & vegetables each day

Cover Your Cough

Use seat belts

use car seats for infants and children

Brush and floss at least 2 times a day

Eat Healthy

Check for diabetes

Get Your Flu Shot

www.sedgwickcounty.org

Your Health *is in* *Your* Hands

if you need help finding a medical home or learning more about affordable health coverage options call 2-1-1

Wash Your Hands Often

Cover Your Sneeze

Rest when you're sick

Exercise 20 minutes a day

get mammograms

Check Your Blood Pressure

stay away from sick people

Get your children immunized

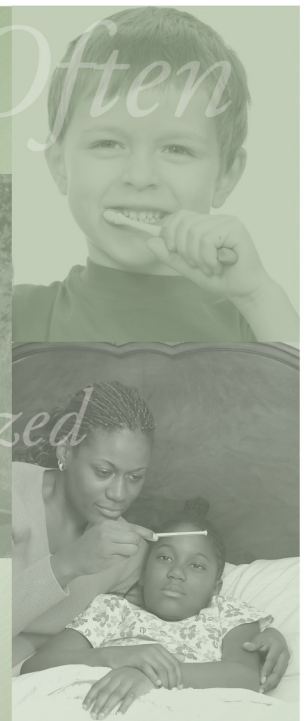
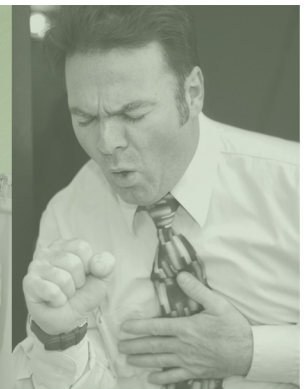
United Way • AIRS

2-1-1

Get Connected. Get Answers.



Sedgwick County...
working for you



Check for diabetes
Exercise 20 minutes a day
Cover Your Cough
Use seat belts
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Healthy
Stay away from sick people
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Get Your Flu Shot

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If you need help finding a medical home or
learning more about affordable health coverage,
call 2-1-1 or visit www.sedgwickcounty.org

Last updated December 2018

Your Health is in Your Hands

What is a medical home and why do I need one?

3

A medical home:

- Is the source of medical care chosen by the patient.
- Provides health care services focused on the patient.
- Is accessible and long-term.

A medical home is important because:

- “Minor health issues” won’t become a “major health issues” due to preventative care and check ups.
- When you connect to a medical home, they have access to your records and your medical history — information needed to best treat you.
- It results in savings; you can avoid costly trips to the Emergency Room.

To find a medical home, refer to the “Community Clinics...if you need a medical home” pages or call 2-1-1. The United Way of the Plains offers 2-1-1 for free, 24 hours a day, 7 days a week, to assist you in getting the help you need. The Sedgwick County Division of Health Web site can also provide you with a list of community health clinics. Go to www.sedgwickcounty.org.

Need information about affordable health coverage?

There are many people who do not have health care coverage — but there are low-cost coverage options available. Unfortunately, many people don’t know who to call or where to turn for help.

If you need help finding affordable health coverage, call 2-1-1 or visit the Sedgwick County Division of Health online at www.sedgwickcounty.org. To see if you or your children are eligible for public health coverage (Medicaid and Healthwave), call 1-800-792-4884. Some private insurance companies also offer low-cost options.

When should you see a doctor?

You can probably take care of 80% of your health issues yourself — minor health issues, like a cold, a fever, a sore throat, a minor cut or a sprain. For these instances, you can treat yourself with some simple “self-care” information. Self-care helps you to recognize your symptoms, determine how you can treat them on your own, and when you might need to seek medical attention.

For online “self-care information” for the most common illnesses and injuries, visit the Sedgwick County Division of Health at www.sedgwickcounty.org.

If you need help finding a medical home or learning more about affordable health coverage options, call 2-1-1 or visit www.sedgwickcounty.org



Sedgwick County...
working for you

Your Health is in Your Hands

Community Clinics ... if you need a health care home

4

The following **primary care and medical home providers** are available for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. **Hours and services subject to change.**

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accepts Medicare Medicaid	Accepts Private Insurance	Specialty Services	Other Info
HealthCore Clinic 691-0249 Outreach	2707 E 21 st St. (67214)	✓	Mon-Thurs 7 a.m. - 8 p.m. Friday 7 a.m. - 6 p.m. Saturday 7 a.m. - 5 p.m. Dental Services Mon-Thurs 7:30 a.m. - 5 p.m. Fri, Sat, Sun CLOSED	✓	✓	Primary Care - Health Insurance Info/Counseling; OB/Prenatal Care; Pediatrics; Mental Health; Chronic Disease Management; Early Detection Works; HIV Testing; Lab Services; Prevention and Wellness; Dental Services - for children and adults Free Tax Prep Assistance - Call (267-1321)	Anger Management: (Non-Domestic) Blood Pressure Screening Diabetes Screening General Health Education Programs Outreach Programs Substance Use Disorder: Alcohol Use Disorder Education/Prevention; Assessment for Substance Use Disorders; Comprehensive Out-patient Substance Use Disorder Treatment; Drug Use Disorder Education/Prevention; Substance Use Disorder Counseling; and Support Groups
E.C. Tyree Health and Dental Clinic 681-2545	1525 N. Lorraine (67214)	✓	Mon, Wed, Thurs 9 a.m. - 5 p.m. Tues 9 a.m. - 1 p.m. Fri 9 a.m. - 1 p.m. Sat (Dental Only)	✓	✓	Breast Examinations, Community Clinics, Dental Care, First Aid Instruction, General Counseling Services, General Health Education Programs, Health Insurance Information/Counseling, HIV Testing, Mental Health Information/Education, Support Groups	Well and sick adult and child services, dental health services including: fillings, cleanings, root canals, crowns, bridges, mini dental implants, and bridges. Prescription assistance and some medications on site, Migrant Farmworker Program, Early Detection Works, and social services connections
GraceMed Ablah Family Clinic 866-2000	3417 S. Meridian St. (67217)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓		Primary Medical Care, Pediatrics, Optometry, Podiatry, Preventive Dental Care and Restorative Dental Care. Health Navigator.
GraceMed COMCARE Clinic	1919 N. Amidon, Ste. 100 (67203)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Behavioral health	
GraceMed Good Samaritan Clinic 866-2000	3701 E 13 th St. (67208)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary Medical Care, Prenatal Care, Pediatrics	KanCare Enrollment; SRS Outstation Site
GraceMed Helen Galloway Family Clinic 866-2000	1122 N. Topeka (67214)	✓	Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Community Clinics, Dental Care, Eye Care, General Medical Care, Health Insurance Information/Counseling, Internal Medicine, Pediatrics, Podiatry/Foot Care, Prenatal Care, Vision Screening	Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site
GraceMed Healthy Family Clinic 866-2000	1905 S. Laura (67211)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment

Your Health is in Your Hands

Check for diabetes
Exercise 20 minutes a day
Use seat belts
drink 8 glasses of water a day
Cover Your Sneeze
Cover Your Blood Pressure
Cover Your Cough
Cover Your Mouth
Use car seats for infants and children
get mammograms
stay away from sick people
Rest when you're sick
Get Your Shot

Check for diabetes
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Use seat belts
get mammograms
Cover Your Sneeze
stay away from sick people
Rest when you're sick
Check Your Blood Pressure
use car seats for infants and children

Community Clinics ... if you need a health care home

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Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medi-care/Medicaid	Accept Private Insurance	Specialty Services	Other Information
GraceMed Evergreen Family Clinic 866-2000	1125 W. 26th St. N. (67204)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Dodge Family Clinic 866-2000	4910 W. 1st St (67212)	✓	Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary medical care, pediatrics, preventive dental care	Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site
GraceMed Downing Family Clinic 866-2000	2201 E. 25th St. N., Bldg. 200 (67219)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Jardine Family Clinic	3610 E. Ross Parkway (67210)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Community Clinics, Dental Care, Eye Care, Pediatrics, Podiatry/Foot Care, Vision Screening	Health Insurance Information/ Counseling
GraceMed Meyer Family Clinic	755 W. Lincoln (67213)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary Medical Care, Pediatric Care, and Preventive Dental Care.	Health Insurance Information/ Counseling
GraceMed Mother Mary Anne Clinic 866-2000	1131 South Clifton (67218)	✓	Mon-Fri 8 a.m. to 7 p.m.	✓	✓	Primary Medical Care, Pediatrics, Urgent Medical Care, restorative Dental Care, extended hours for patients to have an alternative option to the Emergency Room for health matters that do not require a higher level of care. No x-ray available.	Non-emergency primary care as an alternative to emergency room use in the evening hours
GraceMed Oaklawn Family Clinic 866-2000	5000 S. Clifton Ave., Suite 200 (67216)	✓	Mon. - Fri 8 a.m. to 5 p.m.	✓	✓	Primary Medical Care, Pediatric Care, Optometry, Podiatry, Preventive Dental Care and Restorative Dental Care.	
Guadalupe Clinic So. Hillside 201-1986	2825 S. Hillside (67216)	✓	Mon and Fri 8:30 a.m. to noon 1 p.m. to 4:30 p.m. Tues—Thurs 1 to 4:30 pm			Primary Medical Care	\$5 donation requested, but no one is turned away
Guadalupe Clinic N. Market 264-8974	445 N Market (67202)	✓	Thursdays 5:30-8:30 p.m.			Primary Medical Care	\$5 donation requested, but no one is turned away. Walk-in Homeless Health Care

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More Community Clinics...if you need a health care home 6

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Specialty Services	Other Information
Guadalupe Clinic So. St. Francis 264-8974	940 S St. Francis (67211)	✓	Mon and Fri 8:30 a.m. to noon / 1 to 4:30 p.m. Tues - Thurs 1 to 4:30 p.m.			<u>DCF Outstation site</u> <u>Wellness and Prevention Services:</u> Treadmill testing for heart evaluation, health screenings, smoking cessation, pregnancy tests, lab testing/X-rays <u>Specialty Care:</u> Diabetes, Allergy, cardiology/pulmonary care, dermatology, disease & chronic illness management, Homeless Health Care Project Access <u>Women's Health and Wellness Clinic:</u> Early detection clinic, screenings for breast and cervical cancer, mammograms, pap smears, pelvic exams <u>Diabetic Clinic:</u> Education and Services, behavioral Health	\$5 donation requested, but no one is turned away
Hunter Health Central Clinic Main: 262-3611 Dental: 269-0677 Medical: 262-2415	527 N. Grove (67214)	✓	Administration: Mon-Fri 8:30 a.m. - 5 p.m. Central Clinic: Mon-Fri 7:30 a.m. - 10 p.m.	✓	✓	Primary medical, dental, Ob/Gyn, pediatrics, internal medicine, free HIV/Aids testing, diabetes care, optometry, mental health, and alcohol/substance abuse services	Assessment for Substance Use Disorders Community Clinics Dental Care General Counseling Services General Medical Care Health Insurance Information/Counseling HIV Testing Medical Laboratories Pap Tests Pediatrics Prenatal Care Substance Use Disorder Counseling
Hunter Health Brookside Satellite 652-0152	2750 S. Roosevelt (67210)	✓	Mon-Fri 8:30 a.m. - 5 p.m.	✓	✓	Diabetes Management Clinics General Counseling Services General Medical Care HIV Testing Medical Laboratories Pap Tests Pediatrics Prenatal Care Prenatal Evaluation	Same as Above Community Health Center, Urban Indian Health Program and Health Care for the Homeless Center
Hunter Health IFM Clinic 262-3611	935 N. Market (67214)	✓	Mon-Thurs 8:30 a.m. to 5 p.m. Fri 8:30 a.m.-3 p.m.	✓	✓	Same as Above	Same as Above

Your Health is in Your Hands

Limited Medical Service Clinics

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The providers listed below serve specific populations, provide specialized services, or offer service during non-traditional hours. These services are provided for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale.

Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Information
Via Christi Family Medicine	707 N. Emporia 421 S. Clifton	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary medical; prenatal care	
Wesley Family Medicine Center 962-3070	850 N. Hillside (67214)	Mon-Fri 8 a.m. to 5 p.m. (except for holidays)	✓	✓	Offers wide variety of services—call for a complete list.	Behavioral health counseling for children, adolescents and adults.
Mayflower Clinic 558-3991	154 N. Topeka (67202)	Saturdays & 1st Sundays 1 p.m.- 4:30 p.m.			(Please call for appointments) <u>Staff take calls:</u> Mon, Tues, Fri 9 am - 12 p.m. Wed & Thu 12 pm - 3 pm	Non emergency primary care as an alternative to emergency room use on the weekend.
Sedgwick County Division of Health Preventive Health West Clinic 660-7300	2716 W. Central (67203)	Mon-Wed 8 a.m. to 5 p.m. Thurs noon to 5 p.m. Fri 8-11:30 a.m.	✓	✓	Blood Pressure Screening; Breast Examinations; Cholesterol/Triglycerides Tests; Family Planning; General Medical Care; Immunizations; Lead Poisoning Screening; Pap Tests; Public Clinics; Sexually Transmitted Disease Screening; Tuberculosis Screening	Child & Adult Immunizations, Family Planning, Sexually Transmitted Infection Testing & Treatment, Early Detection Works (Breast and Cervical Cancer Detection), and Health Screenings {Blood Pressure, Cholesterol, Blood Sugar (Glucose), Blood Lead, Sickle Cell, TB Skin and blood tests, Rabies Titers and Lice Checks}.
World Impact Mobile Clinic 682-4075	Services are provided throughout the city of Wichita Monday through Thursday; please call 682-4075 for location info.	Mon-Thurs Clinics begin at 5:30 p.m.				Non-emergency primary care. Alternative to urgent care. (no x-ray services)
Wichita Child Guidance Center 686-6671	415 N. Poplar (67214)	Mon-Wed 8 a.m. to 7 p.m. Thurs. 8 a.m. to 8 p.m. Fri 8 a.m. to 2 p.m.	✓	✓	Mental Health for children and families. Therapy and medication management.	Includes Early childhood mental health (0-5 y/o).
COMCARE of Sedgwick County	271 W. 3rd St. N. #600 (67202)	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Mental health & substance abuse services	
COMCARE 1 st Appt. Intake & Assessment Center 660-7540	4035 E. Harry (67218)	Mon-Fri 8 a.m. to 5 p.m. with exceptions listed.	✓	✓	Behavioral Health Assessments for Adults	



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More Limited Medical Service Clinics...

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Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Information
COMCARE Community Support & Adult Therapy Services 660-7700	271 W. 3rd St. N. #600 (67202)	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Mental health and substance abuse services	Mental Health Services for Adults Who have a serious mental illness
Center City (COMCARE'S Homeless Program) 660-7800	402 E. 2nd St. Suite B (67202)	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Mental health services for homeless individuals	Case/Care Mgmt and Psychiatric Rehabilitation
Community Crisis Center 660-7500 Crisis Admin 660-7500	635 N. Main (67203)	24/7 Services	✓	✓	Serving those experiencing mental health emergency	Suicide Prevention Hotline, Counseling, and 23-hour Crisis observation beds General Crisis Intervention Hotlines In-person Crisis Intervention Mental Health Hotlines
Adult Outpatient Services 660-7675	1919 N. Amidon, Suite 130 (67203)	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Mental health services	
GraceMed COMCARE 866-2000	1919 N. Amidon Suite 100 (67203)	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Medical and behavioral health	
COMCARE Children's Services 660-9600	350 S. Broadway (67202)	Mon-Fri 8 a.m. to 6 p.m.	✓	✓	Mental health services	Focus on children with serious emotional disturbances (SED) Medication Info/Mgmt. Outpatient Mental Health Facilities Psychiatric Case Mgmt.
Addiction Treatment Services 660-7550	940 N. Waco (67203)	Mon-Thurs 8 a.m. to 9 p.m. Fri 8 a.m. to 5 p.m.	✓	✓	Individual and Group SUD treatment	Substance Use Outpatient Treatment for Adults
Sedgwick County Offender Assessment Program 660-1900	1720 E. Morris, Suite 101 (67211)	24/7	✓	✓	Case Management	Crisis Stabilization beds

If you need help finding a medical home, learning more about affordable health coverage options, or "self-care" tips, call 2-1-1 or visit www.sedgwickcounty.org



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working for you*

Your Health is in Your Hands

Dental Clinics ... if you need a dental home

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The following dental providers are available for uninsured, low income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. Hours and services subject to change. Information listed provided by individual clinics.

E.C. Tyree Dental Clinic

Address: 1525 N. Lorraine (67214)

Phone: 316-681-2545

Patients: Children and adults

Services: Cleanings, fillings, dentures, partials, whitening, sealants, fluoride, extractions, crowns, root canals, bridges and education.

Hours: Mon., Wed., Thurs. 9 a.m. to 5:00 p.m.

Tue. 9 a.m. to 7 p.m.

Fri. and Sat. 9 a.m. to 1 p.m.

GraceMed Clinics

Phone: 316-866-2000

Patients: Children and adults

Services: Cleanings, x-rays, sealants, fluoride, extractions, root canals, fillings, crowns, dentures, partials and bridges.

Hours: Mon.-Fri. 8 a.m. to 5 p.m.

- **Ablah Family Clinic**, 3417 S. Meridian St. (67217)
- **Dodge Family Clinic**, 4910 W. 1st St. (67212)
- **Downing Children's Clinic**, 2201 E. 25th N. (67219)
- **Evergreen Family Clinic**, 2700 N. Woodland (67204)
- **Good Samaritan Clinic**, 3701 E. 13th St. Bldg. 400 (67208)
- **Healthy Family Clinic**, 1233 S Emporia (67211)
- **Helen Galloway Family Clinic**, 1122 N. Topeka (67214)
- **Jardine Family Clinic**, 3610 E. Ross Parkway (67210)
- **Mother Mary Anne Clinic**, 1131 S. Clifton (67218)
Services: Urgent Dental Care
Hours: Mon.-Fri., 5-9 p.m.
Sat., 1-9 p.m.
- **Oaklawn Family Clinic**, 5000 S. Clifton Ave. Ste 200 (67216)

Hunter Health Clinic

Address: 2318 E Central (67214)

Phone: 316-269-0677

Patients: Children and adults

Services: Comprehensive exams, cleanings, extractions, x-rays, root canals, dentures, partials, bridges sealants and fillings

Hours: Mon.-Thurs. 8:30 a.m. to 5 p.m.

Fri., 8:30 a.m. to 1 p.m..

(Emergency Walk-Ins, Mon.-Fri., 7:30 a.m.)

Sedgwick County Division of Health

Address: 1900 E 9th (67214)

Phone: 316-660-7317

Patients: Children, ages 5 (in kindergarten) to 15 years old, who meet the eligibility requirements

Services: Cleanings, x-rays, fluoride treatment, sealants, simple extractions, fillings, oral hygiene instructions and diet information

Hours: Mon.-Fri., 8 a.m. to 5 p.m., by appointment only

Delta Dental of Kansas Foundation Dental Hygiene Clinic at Wichita State University

Address: WSU Campus, 2nd Floor of Ahlberg Hall, Room 207

Phone: (316) 978-3603

Patients: Children and adults

Services: Preventive dental care: cleanings, sealants, x-rays, fluoride, dental exams, scaling, and root planing

Hours: Mon.-Thurs. Call for times and appointments (open late August to early June).

Advanced Education in General Dentistry Dental Clinic at Wichita State University

Address: 2838 N. Oliver - WSU Metroplex Campus, AEGD Building

Phone: (316) 978-8350

Patients: Children and adults

Services: Comprehensive dental care: cleanings, fillings, dentures, partials, whitening, sealants, fluoride, patient education, extractions, root canals, crowns, bridges, implants, all-digital x-rays, panoramic x-rays

Hours: Mon.-Fri. 9 a.m. to 5 p.m., call for appointments



Sedgwick County...
working for you

If you need help finding a medical home or learning more about affordable health coverage options, call 2-1-1 or visit www.sedgwickcounty.org

Your Health is in Your Hands

Need help with prescription costs?

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Our mission is to provide access to medical services for underserved members of our community in order to improve community health, one person at a time. Medical Service Bureau works to achieve our mission by providing access to vision care (low-cost eye exams and eyeglasses), prescriptions medications (and diabetic supplies), and through navigation of available health and social services in our community.

Medical Service Bureau, Inc.

Program Services

The Voucher Program: limited emergency financial assistance in the form of a voucher for the purchase of mainly generic prescription medications, diabetic supplies, prescription eyeglasses, and provides referrals for low-cost eye exams. We also assist the Medicare Part D beneficiaries with the prescription co-pays and/or purchasing their medications while they are in the “donut-hole”.

The Pharmaceutical Drug Program (PDP): helps clients who qualify through guidelines established by the pharmaceutical companies to access brand name prescription medications for chronic illnesses for free or at a low-cost. The Medicare Part D Prescription Drug Program decreased the number of clients we served due to constant changes place by the Pharmaceutical Companies.

Agency Requirements

Proof of Household Income: Must be within the previous 30 days for each working member in the household. For those who have no income at all must have a referral letter from a community agency or health care provider. MSB has referral forms available, if needed please call.

Proof of Identification: Must bring documentation for every person living in the household.

Proof of Address: Must bring something mailed in your name within the previous 30 days.

Proof of Insurance: Must bring insurance card for everyone in the household if you have coverage.

Fee: MSB has \$5.00 fee per person, per (calendar) year, which can be waived based upon need and is not required if referred by a community partner.

Address:

1530 S. Oliver, Suite 130

Wichita, KS 67218

Phone: 316.683.7559

Client Hours: Monday through Thursday: 8:30 a.m. to 11:30 a.m and 1 p.m. to 4 p.m.

Friday: 8:30 a.m. to 11 a.m.

Office Hours: Monday through Thursday: 8:30 a.m. to Noon and 1 p.m. to 5 p.m.

Friday: 8:30 a.m. to 11 a.m.

For more information about prescription drug assistance, visit the Sedgwick County Health Department online at www.sedgwickcounty.org.



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Your Health is in Your Hands

Careington's MyCountyCares The One Card Benefits Program

Sedgwick County partners with **Careington** International Corporation, a Discount Medical Plan Organization and PPO Dental Network Administrator, to provide access to quality dental, health care, and lifestyle services at reduced rates. The program provides discounts on prescriptions, vision, LASIK, imaging, hearing, and more on one convenient card; to residents who are who are uninsured, underinsured, older residents, and pet owners in the County. Residents can save on healthcare and wellness expenses.

Sedgwick County Division of Health's Community Health Advocates distribute **Careington's MyCountyCares The One Card** to the residents of Sedgwick County. Take-away brochures can be found in various facilities throughout Sedgwick County including but not limited to our Community Health Clinics, local government buildings, and USD school nurses offices. To receive more information about these discount cards, please call 316-660-7673.

Partnership for Prescription Assistance - 1-888-4PPA-NOW

Our mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. The *Partnership for Prescription Assistance* offers a single point of access to more than 475 public and private patient assistance programs, including more than 200 programs offered by pharmaceutical companies.

\$4 Prescriptions!

Some retail stores (including K-Mart, Target, Dillons and Wal-Mart) are now offering many common prescriptions for just \$4 for a 30-day supply. Check stores for a listing of prescriptions and dosage that apply.



Sedgwick County...
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Your Health is in Your Hands

Help your doctor help you:

1. **To save time and prevent delays; bring your insurance card and I.D. if you have one.** This will save you time and potential delays when you check in to see the doctor. More information is better.
2. **Bring in a list of medications that you are currently taking.** This should include any vitamins you take as well as over-the-counter and prescribed medications. Prescription drug names can be hard to remember, so if you have it written down, you'll be prepared.
3. **Make a list of your health concerns.** Write down and bring a list of your top three concerns for each visit. You may get nervous and forget to ask about something that has been bothering you.
4. **Know and write down any recent allergic reactions and ongoing allergies.**
5. **Know and write down your medical history.** Include things like any major surgeries you had, such as having an appendix removed. Also, write down conditions your parents, grandparents and siblings have had. Many diseases and conditions are passed down through your family so your doctor needs to know if a disease is common in your family.
6. **Communicate: Ask for clarification.** If you do not understand something the doctor is telling you, ask them to repeat it or explain it in different words. Try to repeat back what they have said to you in different words. If the doctor is going too fast, ask him or her to slow down because you want to be sure you understand what is going on.
7. **Share other health factors.** It is best to let your doctor know of other factors that could affect your condition, such as smoking, alcohol, and/or drug use.
8. **Insist your doctors communicate with each other.** If you are referred to a specialist for care, bring in the results from your other doctor. Again, more information is always better.



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Your Health is in Your Hands

Sore Throat

Symptoms

Sore throat; red, irritated throat
Neck feels swollen
Difficulty swallowing

Self-Care Treatment

Drink fluids
Gargle with warm salt water
Use cough drops

When to get medical care

Fever 101 or higher
White spots in your throat
Difficulty breathing
Rash

Cuts & Scrapes

Symptoms

Minor cut or scrape of the skin with little bleeding

Self-Care Treatment

Apply pressure 15 minutes to stop bleeding
Prevent infection by cleaning with soap and water and hydrogen peroxide
Antibacterial cream to help prevent infection
Cover with bandage

When to get medical care

Uncontrolled bleeding
Large, deep cut
Numbness
Signs of infection (pus, swelling, pain, fever, redness, streaks)
Can't hold edges of cut together

Earache

Symptoms

Ears feel stuffy
You can't hear well
Itching
Pain, redness or swelling

Self-Care Treatment

Try to remove ear wax with "ear wax remover"
Use decongestants, antihistamines, vaporizers
Do NOT use cotton swabs in your ears

When to get medical care

Fever 102 or higher
Severe ear pain
Pus or bloody discharge
Ringing in the ears, dizziness
Recent head trauma

Fever

Symptoms

Hot and sweaty
May have chills
Body aches

Self-Care Treatment

Drink fluids to prevent dehydration
Take lukewarm bath or sponge bath
Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

Fever 103 or higher
Fever with rash, stiff neck, severe headache, confusion
Painful urination
Severe back or abdominal pain



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Your Health is in Your Hands

Headache

Symptoms

Head throbs
Nausea
Tension in the head, neck and shoulders
Sinus pain

Self-Care Treatment

Rest and massage sore muscles in your shoulders and neck
Use ice packs to your neck and forehead
Use heat on your sinus pain
Take aspirin/aspirin substitute

When to get medical care

Unusually severe head pain
Fever 102 or higher
Slurred speech, changes in vision
Weakness in arms or legs

Cough

Symptoms

Dry cough or mucus-producing cough
Coughing can be caused by a cold, allergy or some irritant (like smoke)

Self-Care Treatment

Drink fluids
Use a vaporizer
Use cough drops
Use a cough syrup with “expectorant”
Don’t smoke

When to get medical care

Fever 102 or higher
Shortness of breath
Severe chest pains
Bloody, brown or green mucus

Stuffy Nose

Symptoms

Can’t breathe through your nose
Stuffy feeling in your nose
May have runny nose
May have colored discharge from your nose
Pressure or pain above or below eyes

Self-Care Treatment

Drink fluids
Use a vaporizer or heat pack on your cheekbones and forehead
Use nasal sprays and decongestants

When to get medical care

Fever of 102 or higher
Bloody, brown or green discharge
Pain in the forehead, cheeks and teeth

Low Back Pain

Symptoms

Back aches
Hurts to move

Self-Care Treatment

Drink fluids to prevent dehydration
Take lukewarm bath or sponge bath
Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

Fever 103 or higher
Fever with rash, stiff neck, severe headache, confusion
Painful urination
Severe back or abdominal pain



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Your Health is in Your Hands

Non-Emergencies

- An earache
- Cold and flu symptoms
- Sunburn
- Minor cut (bleeding under control)
- Insect bites (with no breathing troubles)
- A fever (without convulsions)
- A skin rash
- A muscle strain

Treat with “self-care” or call your doctor for advice.

Emergencies

Require immediate medical attention!

- Severe bleeding that does not stop after 15 minutes of direct pressure
- Severe chest pain with: sweating, shortness of breath, dizziness, throwing up, and sick to your stomach
- Difficulty breathing
- Blacking out (fainting)
- Choking
- Swallowing poison
- Broken bone

For children:

- Breathing trouble
- Ongoing vomiting
- Bloody diarrhea
- Stiff neck with fever or headache
- High fever (do NOT give children aspirin)

Important Information to Carry in Your Wallet or Purse

- Name and number of your doctor; health plan information
- Name and number of relative or friend in case of emergency
- List of allergies
- List of medical problems (ex. diabetes, high blood pressure)
- List of prescriptions and dose you take



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