



PRIMARY CARE

Your primary care team manages routine medical care and acute injuries or illnesses that are not immediately life threatening.

Conditions we can treat:

- **Injury and illness:** Cold or flu symptoms, back or knee pain, urinary tract infection or yeast infection, STDs, mild to moderate asthma, migraine headache, concussion
- **Adult care:** High blood pressure, diabetes, high cholesterol, depression or anxiety, birth control, weight loss, smoking cessation, cancer screening
- **Pediatric care:** Routine well visits, asthma management, behavior concerns, attention deficit hyperactivity disorder (ADHD) management
- **On-site testing (availability varies by location):** Urinary tract infection, pregnancy, rapid strep, flu
- **Lab testing:** Blood, tissue and other fluids; referral to a radiology facility for X-ray, ultrasound or other radiology testing

Visit [MedStarHealth.org/primarycare](https://www.MedStarHealth.org/primarycare) to choose a provider.



MEDSTAR EVISIT

MedStar eVisit offers 24/7 on-demand video access for minor health issues not requiring a physical exam or testing.

Conditions we can treat:

- Cold or mild flu symptoms, allergies, pink eye, rash, minor cut, known urinary tract infection or yeast infection, gout flare-up

MedStar eVisit is not appropriate for:

- Conditions requiring a physician to look into your ear, listen to your heart or lungs with a stethoscope, or use other exam techniques
- Conditions requiring in-person testing, such as a blood or urine test
- Prescription refills for controlled substances (e.g. narcotics for pain, and ADHD or short-acting anxiety medications)
- Severe flu symptoms, or any flu symptoms for those under 2 or over 65

To learn more about these options, visit [MedStarHealth.org/access](https://www.MedStarHealth.org/access).



URGENT CARE

Visit any MedStar Health Urgent Care location for same-day care or when your primary care doctor is not available. No appointment needed. Urgent Care is appropriate when an in-person physical exam, testing or treatment is needed.

Conditions we can treat:

- Twisted ankle, cuts requiring stitches, sore throat requiring strep testing, flu, pneumonia, urinary tract infection, mild to moderate asthma, stomach virus, migraine headache, concussion
- **On-site testing:** X-ray, urinary tract infection, pregnancy, rapid strep, mononucleosis, flu

NOTE: MedStar Health Urgent Care locations do not refill prescriptions for controlled substances (e.g. narcotics for pain, and ADHD or short-acting anxiety medications).

Call 9-1-1 or visit your nearest hospital emergency department.



EMERGENCY DEPARTMENT

Visit the Emergency department when experiencing a major or life-threatening issue requiring immediate treatment.

Conditions we can treat:

- Chest pain, difficulty breathing, severe abdominal pain, major head injury, heavy bleeding, severe dizziness or passing out, stroke symptoms, seizures

Driving to the Emergency department versus calling 9-1-1:

- Do not drive if experiencing a major or life-threatening issue.
- You may accept a ride from someone else if your life is not in danger and your condition does not require immediate intervention.
- Call 9-1-1 if your life is in danger or your condition is one in which every minute counts.

Visits to the ED for minor conditions treatable by a MedStar Health primary care physician, MedStar eVisit, or MedStar Health Urgent Care may result in a longer wait.