


Clinic, Click, or ER? Know Where to Go for Care

Student Health & Well-Being Primary Care	Primary Care \$	Telemedicine \$	Urgent Care \$\$\$	Emergency Room \$\$\$\$
<p>SHWB Primary Care provides preventive care and treats most acute and chronic conditions.</p> <p>Use for:</p> <ul style="list-style-type: none"> • Colds, flu, and minor illnesses • Preventive care and routine check ups • Sexual and reproductive health • Mental health support • Management of ongoing conditions <p>There is no charge for clinic visits, but services like labs, x-rays, or medications may be billed to your health insurance.</p>	<p>A good option if you already have a primary care provider or want to establish care outside SHWB-PC.</p> <p>Use for:</p> <ul style="list-style-type: none"> • Non-urgent injuries or illnesses • Routine checkups and preventive care • Mental health concerns • General health questions or concerns 	<p>Available online, on-demand and 24/7.</p> <p>Use for:</p> <ul style="list-style-type: none"> • Minor illness or injuries • Sinus, cough or allergy concerns • Skin irritation or rash • Ear or eye issue • Prescription refills <p>Quick and convenient after hours or on weekends.</p> 	<p>When you need care quickly – but it's not an emergency</p> <p>Use for:</p> <ul style="list-style-type: none"> • Minor fractures, cuts, or sprains • Infections or high fever • X-rays, lab tests or rapid tests for strep or the flu. <p>Walk-in. Wait times vary. Costs more than a clinic visit.</p>	<p>For life-threatening situations.</p> <p>Go to the ER for:</p> <ul style="list-style-type: none"> • Chest pain or trouble breathing • Head trauma, seizures, stroke symptoms • Severe injury or bleeding • Suicidal thoughts or behavior <p>Most expensive care option. Longest wait times.</p>
<p>Phone: 410.516.3311</p> <p>wellbeing.jhu.edu/PrimaryCare</p>	<p>Find an in-network* PCP:</p> <p>hcpdirectory.cigna.com</p>	<p>Website:</p> <p>timelycare.com</p>	<p>Find an in-network* Urgent Care:</p> <p>hcpdirectory.cigna.com</p>	<p>Find an in-network* ER:</p> <p>hcpdirectory.cigna.com</p>

*JHU Student and Learner Health Plans use the Cigna PPO Network. If you have a different plan, use your insurer's provider search tool to find in-network care.