

Where to go for care

Always check with your insurance for the most cost-effective coverage.



Primary Care Clinic

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The go-to place for managing your health care. Your physician or advanced practice clinician knows your medical history the best.

OPEN: Daytime weekdays. Some clinics have evening and weekend appointments for urgent care.

GOOD FOR:

- Annual physicals
- Routine screenings
- Chronic conditions
- Vaccines
- Illness & injury
- Medication management
- Follow-up care
- Lab & X-ray tests



Virtual Urgent Care

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For immediate advice, choose ARC 24/7 phone nurses (no cost) or NormanMD 24/7 on-demand virtual urgent care (via fee or benefit).

AVAILABLE: 24/7/365. Can provide treatment or direct you to next steps for care.

GOOD FOR:

- Avoiding costly trips to ER
- Cold/flu symptoms
- Rashes/infections
- Allergies
- Cough & sore throat
- Insect bites & stings
- Urinary tract infections
- Minor injuries



Urgent Care Center

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ARC and non-ARC clinics provide quick care for non-life-threatening conditions.

OPEN: Everyday, hours vary. Daytime Same-Day Care at all ARC clinics, ARC After Hours Clinics for nights and weekends.

GOOD FOR:

- All virtual urgent care symptoms
- Asthma
- Cuts requiring stitches
- Broken bones
- Concussions
- Vomiting & diarrhea
- Lab & X-ray tests



Emergency Room

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Immediate care for life-threatening conditions, including heart attack and stroke.

OPEN: Always.

GOOD FOR:

- Loss of consciousness
- Chest pain
- Shortness of breath
- Sudden numbness, weakness or slurred speech
- Severe belly pain
- Coughing or vomiting blood
- Uncontrolled bleeding

Not sure?

Contact NormanMD or an ARC phone nurse — here 24/7/365 to help you decide next steps & avoid costly trips to the ER. NormanMD: Visit NormanMD.com | ARC Phone Nurse: Call 512-272-4636 and press “4”