



When the Wellness Center is closed and you are ill, you can seek medical care at:

1. Family Doctor – If you live nearby, a phone call to your physician will provide advice about caring for yourself or directing you to seek care elsewhere.
2. Mini clinic/urgent care facilities- If you are not able to call your family physician mini clinics/urgent care facilities are staffed and open 7 days a week. They can provide care for minor illness or injuries such as cough, cold, and infections. Call ahead and see if they will accept your insurance.
3. Emergency room (ER)- Can care for severe injuries or sudden illness such as severe bleeding, chest pain, severe shortness of breath, broken bones or severe allergic reactions.

Do not go to the ER because it is easier or more convenient for your schedule. Everyone who goes to the ER will be seen. But the most seriously ill will be seen first. This means you could wait for hours if you are there for a sore throat or a cold.

If you go to the ER and your health problem is not a true emergency (a serious health problem that can cause lasting injury or death), you may have to pay for the ER visit.

CVS mini clinic [www.minuteclinic.com](http://www.minuteclinic.com)

866-389-2727

Premier Urgent Care [www.PremierUrgentCare.net](http://www.PremierUrgentCare.net)

610-710-4444

Doctors Express [www.doctorexpressnarberth.com](http://www.doctorexpressnarberth.com)

484-270-8600