

# WHERE TO GO FOR CARE

You have the best experience when you choose the right care from the start.

<b>Primary Care</b> Routine	<b>Urgent Care</b> Same-Day	<b>Emergency Care</b> Life-Threatening
<p>Comprehensive care for everyday medical needs from providers you know and trust. Likely the lowest out-of-pocket cost.*</p>	<p>Convenient treatment for minor illness and injuries with same-day appointments available. Could entail moderate out-of-pocket cost.*</p>	<p>Immediate treatment for severe and life-threatening conditions from a team of experts. Could entail high out-of-pocket cost.</p>
		
<p><b>Conditions Treated</b></p> <ul style="list-style-type: none"> <li>+ Cold, flu or COVID-19 symptoms (body ache, congestion, cough, fever, sinus infection, sore throat)</li> <li>+ Chronic diseases or conditions such as diabetes or asthma</li> <li>+ Health screening examinations (biometric screening for work)</li> <li>+ Mental health concern (anxiety, depression)</li> <li>+ Preventive care</li> <li>+ Vaccines</li> <li>+ Skin conditions</li> <li>+ Weight Management</li> </ul>	<p><b>Conditions Treated</b></p> <ul style="list-style-type: none"> <li>+ Cold, flu or COVID-19 symptoms (body ache, congestion, cough, fever, sinus infection, sore throat)</li> <li>+ Animal and insect bites and stings</li> <li>+ Injuries (possible broken bones, sprains)</li> <li>+ Minor allergic reactions</li> <li>+ Minor burns</li> <li>+ Pink eye, red eye, itching</li> <li>+ Nausea, vomiting or diarrhea without bleeding, abdominal pain or dehydration</li> </ul>	<p><b>Conditions Treated</b></p> <ul style="list-style-type: none"> <li>+ Difficulty breathing/severe shortness of breath (asthma etc)</li> <li>+ Chest pain or injury</li> <li>+ Irregular heart beat at rest or while exercising</li> <li>+ Major burns</li> <li>+ Head injury (bump, bruise, or cut on the head)</li> <li>+ Dislocation of major joint, such as shoulder or ankle</li> <li>+ Seizures</li> <li>+ Large cuts and heavy bleeding</li> </ul>
<p><b>Open weekdays</b> <b>Hours may vary</b></p> <p>Appointment availability may not be immediate.</p>	<p><b>Open daily</b> <b>9 AM-9 PM</b></p> <p>Schedule online, call ahead or walk in for same-day care.</p>	<p><b>Open 24/7</b></p> <p>Patients are seen based on severity. Extended wait times are possible.</p>

\* The information on this page is intended for informational purposes only. Cost rankings are based on estimates and may not reflect actual costs. If you are experiencing a life-threatening emergency, call 911 or go to the nearest emergency department.

# OhioHealth Sports Medicine

Our extensive network of specialized sports medicine providers deliver a full range of services, from primary care to both surgical and nonsurgical orthopedic care. At OhioHealth, our sports medicine programs and specialty clinics offer comprehensive care for student-athletes and active adults — helping you get healthy, strong and back in the game.

Our dedicated team is here to guide you in choosing the right level of care. Use the front of this resource as a helpful reference for determining where to go based on your injury.

## Common injuries your athletic trainer can help with:

- + Sport-related concussions
- + Muscle strains and sprains
- + Tendon and ligament injuries
- + Shin splints and stress fractures
- + Shoulder pain or instability
- + Ankle pain or instability, including heel pain
- + Sports-related skin conditions, such as ringworm



## Not sure where to start?

Reach out to your athletic trainer or call **(614) 566-GAME** for expert advice on your next steps.

OhioHealth  
**MyChart**  
Your Interactive Health Record

## Be in charge of your health

OhioHealth MyChart is your personalized and secure online health management tool be in charge of your health.

- + Schedule appointments
- + Communicate with your providers
- + View test results
- + Request prescription refills
- + Access to video visits and E-Visits
- + Review your health record and care plans
- + Pay bills



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TODAY!**