

Not Feeling Well Today?

Your symptoms can help you figure out where to get same-day medical care.

Primary Care Visit

Virtual Video Visit

E-Visit



Get care for symptoms such as:

- ☐ Cold or flu
- ☐ Sore throat
- ☐ Eye redness
- ☐ Earache
- ☐ Rash
- ☐ Insect bite or sting
- ☐ Painful urination
- ☐ Frequent urination

Urgent Care or Walk-in Care

24/7 Video Visit On Demand



Get care for the same symptoms as above and:

- ☐ Minor burns or cuts
- ☐ Minor sprains or strains
- ☐ Minor fractures (In-person only)

Call 9-1-1

Go to the Emergency Room



Get care for severe symptoms such as:

- ☐ Trouble breathing
- ☐ Chest pain
- ☐ Severe pain or serious injury
- ☐ Severe stomach pain
- ☐ Sudden numbness or weakness
- ☐ Fainting
- ☐ New confusion
- ☐ Suicidal thoughts

Not sure what to do?



1-800-714-4646

Speak with a nurse from our Nurse Care Line.



EssentiaMyChart.org

See your online care options.



EssentiaHealth.org/GetCare

Learn more about same-day care.



Essentia Health