



1-800-348-4058

*"Dedicated to improving the health and the lives of the people we serve"*

# IS IT AN EMERGENCY OR NOT?

## What is an Emergency?

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An emergency is a sickness that is sudden and puts your life in danger or can cause harm to you if not treated fast. Here are some examples of emergencies:

- Sudden loss of feeling, or not being able to move
- Chest pain
- Severe pain in your stomach area
- Poisoning
- A serious accident
- Severe shortness of breath
- Severe burns
- Severe wound or heavy bleeding
- Damage to your eyes
- Severe spasms/convulsions
- Broken bones
- Choking or being unable to breathe.
- Throwing up blood
- Miscarriage (when a pregnant woman loses her baby)
- Strong feeling that you might hurt yourself or another person
- Faint for no reason (will not wake up)

If you're not sure it's a real emergency, call your doctor. If you do go to an emergency room, call your doctor as soon as you can after your visit so you can get the right care.

## When NOT to use an emergency room

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Most sicknesses are not emergencies and can be treated at your doctor's office. You can also be treated at an urgent care site. You should not use an emergency room if you have one of these minor problems:

- A sprain or strain
- Stomach pain
- A cut or scrape
- An earache
- Sore throat
- A cough or cold

## Call Your Doctor

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If you are not sure where to get care, call your doctor.

- You can call your doctor during the day or night, on weekends, anytime 24 hours a day.
- Your doctor knows your medical history and can give you care that is best for you in the long run.
- Your doctor knows more about your health every time you visit.

If you can't reach your doctor, please call customer service at 1-800-348-4058.

A list of Urgent Care sites follows.

## URGENT CARE LOCATIONS

### COCHISE COUNTY

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#### Arizona Family Care

2585 E Wilcox  
Sierra Vista, AZ 85635  
Phone: 520-459-8990  
M-F 5:00 pm-10:00 pm  
Sat & Sunday 10:00 am -4:00 pm

### COCONINO COUNTY

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#### Williams Health Care Center & Urgent Care

301 7th Street  
Williams, AZ 86046  
Phone: 928-635-4441  
Open 7 days a week  
8:00 am – 8:00 pm  
Closed on Christmas Day

### GREENLEE COUNTY

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#### Gila Health Resources

Coronado Blvd/Burro Alley  
Morenci, AZ 85540  
Phone: 928-865-9184  
24 hours (Urgent Care is contracted to accept APIPA but not the Family Medical)

**MOHAVE COUNTY**

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**Bullhead Urgent Care Center**

1355 Ramar Rd # 11  
 Bullhead City, AZ 86442  
 Phone: 928-704-9202  
 M-F 9:00 am – 5:00 pm  
 Sat & Sun – Closed  
 (Summer Hours)

**Midway Express Walk In Clinic**

45 Capri Blvd,  
 Lake Havasu City, AZ 86403  
 Phone: 928-505-1030  
 M-F 8:00 am – 5:00 pm  
 Saturday 9:00 am – 2:00 pm  
 Sunday - Closed

**MARICOPA COUNTY**

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**Advanced Urgent Care**

2301 N 44th Street  
 Phoenix, AZ 85008  
 Phone: 602-808-8786  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm  
 Open Holidays

**Advanced Urgent Care**

8260 W Indian School Rd Suites 1 & 2  
 Phoenix, AZ 85033  
 Phone: 623-846-7122  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm  
 Open Holidays

**Advanced Urgent Care**

3302 W Thomas Rd  
 Phoenix, AZ 85017  
 Phone: 602-233-2900  
 M-F 7:00 am – 7:00 pm  
 Sat & Sun - Closed

**Advanced Urgent Care**

2423 W Dunlap Ave #150  
 Phoenix, AZ 85021  
 Phone: 602-216-6862  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**Advanced Urgent Care**

1804 W Elliot Road  
 Tempe, AZ 85282  
 Phone: 480-456-0444  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**Advantage Urgent Care**

5410 W. Thunderbird #101  
 Glendale, AZ 85306  
 Phone: 602-530-6189  
 M-F 9:00 am – 8:00 pm  
 Sat & Sun 10:00 am – 5:00 pm

**Advantage Urgent Care Center**

14800 Mountain View #190  
 Surprise, AZ 85374  
 Phone: 623-889-7199  
 M-F 9:00 am – 8:00 pm  
 Sat & Sun 9:00 am – 4:00 pm

**Chandler Valley Urgent Care**

936 W Chandler Blvd # 1  
 Chandler, AZ 85244  
 Phone: 480-792-1025  
 M-F 8:00 am – 10:00 pm  
 Sat & Sun 10:00 am – 10:00 pm

**CHW Urgent Care**

4545 E Chandler Blvd  
 Phoenix, AZ 85044  
 Phone: 480-961-2300  
 Open 7 days a week  
 7:00 am – 10:00 pm

**Jesse Owens Urgent Care**

(Best Medical)  
 325 E. Baseline Road  
 Phoenix, AZ 85040  
 Phone: 602-824-4352  
 M-F 9:00 am – 7:30 pm  
 Sat 8:00 am – 3:30 pm  
 Sunday - Closed

**Next Care Urgent Care**

13075 W. McDowell Rd # D106  
 Avondale, AZ 85323  
 Phone: 623-547-0522  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**Next Care Urgent Care**

1701 E. Thomas Road  
 Phoenix, AZ 85016  
 Phone: 1-800-NEXTCARE  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**MARICOPA COUNTY (CONTINUED)**

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**Next Care Urgent Care**

5902 W. McDowell Road  
Phoenix, AZ 85035  
Phone: 1-800-NEXTCARE  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care Urgent Care**

6005 Dobson Rd # 26  
Chandler, AZ 85224  
Phone: 480-814-1560  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care Urgent Care**

3130 E. Baseline Rd # 105  
Mesa, AZ 85204  
Phone: 480-926-8700  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care Urgent Care**

18589 N 59th Ave  
Glendale, AZ 85308  
Phone: 602-547-2600  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care Urgent Care**

3229 E. Greenway Rd # 102  
Phoenix, AZ 85032  
Phone: 602-788-3285  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm  
Open Holidays

**Next Care**

20470 N. Lake Pleasant Rd #102  
Peoria, AZ 85382  
Phone: 623-825-4600  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care**

1066 N Power Rd #101  
Mesa, AZ 85205  
Phone: 480-807-0130  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm  
Open Holidays

**Next Care**

7425 E. Shea Blvd  
Scottsdale, AZ 85260  
Phone: 480-348-1060  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Next Care**

20950 N. Tatum #190  
Phoenix, AZ 85050  
Phone: 480-807-0130  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**Parkway Urgent Care**

6565 E. Greenway Pkway # 100  
Scottsdale, AZ 85254  
Phone: 480-348-3200  
M-T 5:00 pm – 8:00 pm  
Sat 8:00 am – 5:00 pm  
Sunday - Closed

**Stat Clinix**

1151 N Gilbert Rd  
Mesa, AZ 85213  
Phone: 480-610-0688  
Open 7 days a week  
8:00 am – 8:00 pm  
Closed on Christmas

**Stat Clinix**

4530 E Ray Rd Suite 100  
Phoenix, AZ 85044  
Phone: 480-598-7500  
Open 7 days a week  
8:00 am – 8:00 pm  
Closed on Christmas

**Stat Clinix**

15223 N 87th St. Suite 110  
Scottsdale, AZ 85260  
Phone: 480-682-4100  
Open 7 days a week  
8:00 am – 8:00 pm  
Closed on Christmas

**West Valley Urgent Care**

17218 N 72nd Drive # 10  
Glendale, AZ 85308  
Phone: 623-334-8670  
M-F 8:00 am to 8:00 pm  
Sat & Sun 10:00 am to 5:00 pm

**West Valley Urgent Care**

12133 W Bell Road # 101  
Surprise, AZ 85374  
Phone: 623-334-8670  
M-F 8:00 am to 8:00 pm  
Sat & Sun 10:00 am to 5:00 pm

**Advanced Urgent Care**

6553 E Baywood Ave # 103  
Mesa, AZ 85206  
Phone: 480-985-6200  
M-F 8:00 am – 8:00 pm  
Sat & Sun 8:00 am – 4:00 pm

**NAVAJO COUNTY**

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**Stat Clinix**

680 E Deuce of Clubs  
 Show Low, AZ 85901  
 Phone: 928-537-2777  
 Open 7 days a week  
 8:00 am – 8:00 pm  
 Closed on Christmas

**PIMA COUNTY**

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**Next Care**

6238 E. Pima Street  
 Tucson, AZ 85712  
 Phone: 520-290-0022  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm  
 Open Holidays

**Northwest Medical Center**

2945 W. Ina Rd  
 Tucson, AZ 85741  
 Phone: 520-219-6616  
 Open 7 days a week  
 9:00 am – 9:00 pm

**Urgent Care Associates**

1622 N Swann  
 Tucson, AZ 85712  
 Phone: 520-795-8888  
 M-F 9:00 am – 9:00 pm  
 Sat & Sun 9:00 am – 6:00 pm  
 (Will open in August)

**Urgent Care Associates**

2100 N Rosemont  
 Tucson, AZ 85712  
 Phone: 520-795-8888  
 M-F 9:00 am – 9:00 pm  
 Sat & Sun 9:00 am – 6:00 pm  
*(Temp address until the location at  
 1622 N Swann opens in mid August 2006)*

**Urgent Care Associates**

8045 S. Rita Road  
 Tucson, AZ 85747  
 Phone: 520-795-8888  
 M-F 5:00 pm – 9:00 pm  
 Sat & Sun – Closed

**Northwest Medical Center**

13101 N. Oracle Rd  
 Oro Valley, AZ 85739  
 Phone: 520-818-2000  
 Open 7 days a week  
 9:00 am – 9:00 pm

**Northwest Medical Center**

8333 N Silverbell  
 Marana, AZ 85743  
 Phone: 520-202-7700  
 Open 7 days a week  
 9:00 am – 9:00 pm

**PINAL COUNTY**

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**Next Care**

2080 W Southern Ave # A1  
 Apache Junction, AZ 85220  
 Phone: 480-85-0172  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**Next Care**

1729 N Trekeil Rd. # 100  
 Casa Grande, AZ 85222  
 Phone: 520-876-0800  
 M-F 8:00 am – 8:00 pm  
 Sat & Sun 8:00 am – 4:00 pm

**YAVAPAI COUNTY**

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**Prescott Valley Urgent Care**

3051 N Windsong  
Prescott Valley, AZ 86314  
Phone: 928-772-2500 or 928-772-3336  
M-F 7:30 am – 6:00 pm  
Sat 9:00 am – 6:00 pm  
Sun 9:00 am – 4:00 pm

**YUMA COUNTY**

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**Foothills Walk In Clinic**

11274 S. Fortuna Rd  
Yuma, AZ 85367  
Phone: 928-345-2150  
M-F 8:00 am – 6:00 pm  
Sat 9:00 am – 3:00 pm  
Sunday – Closed  
Open Holidays

**North-Side Medical Clinic**

501 W 8th Street  
Yuma, AZ 85364  
Phone: 928-539-0055  
M-F 8:00 am – 6:00 pm  
Sat & Sun – Closed (Summer Hours)