Where should you seek care?

Visit our website for a complete list of conditions treated and treatment locations. mayoclinichealthsystem.org
Nurse Line

all ages

Offers self-care advice and/or determines if medical treatment is necessary

• 24/7 access by calling your primary care provider’s office
• Talk directly to a nurse who will review your symptoms
• Get help determining if self-care, a scheduled office visit or immediate medical attention is best for your condition
• Prescriptions for some conditions assessed during the phone call, which can be filled at the pharmacy of your choice

Express Care Online

18 months–75 years

Offers same-day or next-day medical advice and/or treatment

• Get quick, convenient care for 14 common health conditions
• Go to mayoclinichealthsystem.org/express-care-online*

*Must be a Mayo Clinic or Mayo Clinic Health System patient and have a Patient Online Services account

To register visit mayoclinichealthsystem.org/patient-online-services

Only $49
Express Care
18 months–75 years
A clinic that treats minor medical conditions*

- Allergies
- Bladder, ear, eye and sinus symptoms
- Cold sores
- Head lice
- Minor acute conditions
- Sore throat
- Upper respiratory conditions
- Tick exposure
- Immunizations

*Examples of conditions treated at Express Care – for a complete list of service fees and conditions visit mayoclinichealthsystem.org/express-care-online

Urgent Care/Same Day Care
6 months +
Offers same-day minor medical treatment

- Back or muscle pain
- Cuts and minor burns
- Vomiting and diarrhea
- Upper respiratory symptoms
- Earache
- Skin conditions
- Sprains or joint pain
- Urinary tract infections
Primary Care
Family Medicine | Internal Medicine | Pediatrics
all ages
Team-based approach to overall care coordination and connects you with advanced care, when needed

- Care for infants and children
- Chronic disease management
- Depression, stress and anxiety
- Workers’ compensation
- Preventive screenings
- Immunizations
- Men’s health
- Obstetrics
- Women’s Health
- Physicals

Emergency Department
all ages
Delivers care and treatment of unforeseen illness or injury for those who need immediate medical attention

- Chest pain or pressure
- Head injuries
- Life-threatening or severe illness or injury
- Seizures
- Severe abdominal pain
- Shortness of breath or pneumonia
- Sudden, severe headaches, paralysis or weakness
- Uncontrolled bleeding
Call 911
all ages
Call 911 right away for these symptoms; don’t drive yourself

• Life- or limb-threatening injury
• Shortness of breath or difficulty breathing
• Signs of stroke, including sudden numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness
• Signs of a heart attack, including chest pain, pain in the left arm or jaw, sudden weakness or dizziness
Free health tools

Patient Online Services & Mayo Clinic App*
all ages
Access your patient record from your desktop or mobile device

- Review lab results, clinical notes and medication lists
- Communicate with your provider
- Manage upcoming appointments
- Minors must come into a facility to create an account

*Must be a Mayo Clinic or Mayo Clinic Health System patient to create an account

Symptom Checker
all ages

- Find information based on your symptoms
- Get at-home treatment advice
- Determine if you should see an expert
- Go to mayoclinic.org/symptoms
Hometown Health Blog

all ages

- Join the community of information and resources
- Improve your health and well-being
- Enjoy blog posts from providers, patients and community members
- Go to mayoclinichealthsystem.org/hometown-health

Text Reminders

adults

- Get text message appointment reminders
- Get reminder text two days before your appointment and again two hours prior to the scheduled visit
- Standard messaging and data rates may apply
Billing & Insurance

all ages

Go to mayoclinichealthsystem.org, select a location, then Billing & Insurance

- Get help to sort out medical charges and insurance issues
- Learn about payment plan options
- Call us at 1-844-217-9591 (toll-free)
- Use Online Bill Pay to make a payment using a credit card, debit card or checking account