

# I'm Sick or Hurt

Where do I go for care?



## BadgerCare Plus

## If you are sick and need care that day...

### Call your Doctor's Office



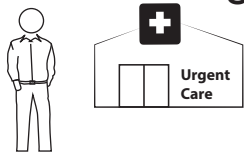
Many clinics have openings for patients who need care that day. Doctors are also on-call at night. Unless it is an emergency, this is the best place to get care.

### Call a 24-Hour Nurse Hotline



Many insurance companies have their own hotline. Ask what to do for treatment or where to go for care.

### Go to an Urgent Care Clinic

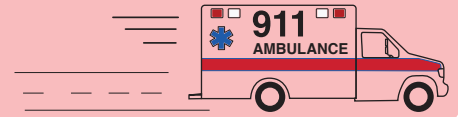


Urgent care clinics treat people the **same day**. They usually take **less time** than the emergency room.

You don't need an appointment. Call your insurance company to find a clinic near you.

Make sure the clinic takes your insurance before you get care.

If you have a medical emergency, call 9-1-1.



### Don't have any way to get to same day care?



You can get a ride for:

• Urgent Care



• Doctor appointments



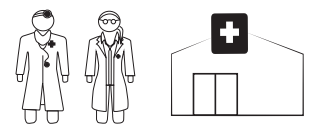
Call Medical Transportation Management at **1-866-907-1493**. You will be picked up in 3 hours or less.

You will need your ForwardHealth card number.



### Urgent care clinics or your doctor can help with these:

- Earaches
- Back Pain
- Cough
- Sore Throat
- Sprains
- Migraines or Other Headaches
- Minor Eye Injuries
- Minor Injuries
- Minor Cuts
- Minor Burns
- Rashes
- Fevers



covering  
**Wisconsin**  
Connect to Care, Engage in Health

[www.coveringwi.org](http://www.coveringwi.org)

# If you have a medical emergency, or your life is in danger:

Call 911

--OR--

Go to the  
Emergency  
Room



## Some examples of an emergency:

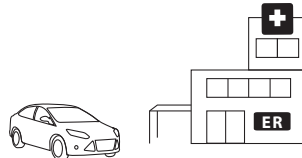
### Call 911:

- Seizures
- Choking and turning blue
- Severe shortness of breath
- Bleeding a lot and won't stop
- Can't breathe, speak, move or see
- Feeling pressure on chest or left arm
- Part of body is suddenly weak or droops
- Someone will not wake up
- Severe neck, back or head injury
- Thinking of suicide or hurting someone
- Drug overdose and won't wake up
- Severe burn



### Go to Emergency Room:


- Vomiting that won't stop
- Poison or drug overdose and still awake
- Throwing up blood



Only go to the Emergency Room if it is an emergency. It's the most expensive place to go when you're sick and usually takes the most time.

## Important Contacts



 Put these numbers into your phone.

Insurance  
Company: \_\_\_\_\_

Number: \_\_\_\_\_



24 Hour Nurse Hotline:



Number: \_\_\_\_\_

Medical Transportation Management  
(MTM, Inc.):



**1-866-907-1493**



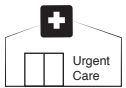
My Doctor: \_\_\_\_\_



Number: \_\_\_\_\_

Address: \_\_\_\_\_

Urgent Care: \_\_\_\_\_



Number: \_\_\_\_\_

Address: \_\_\_\_\_

My Hospital: \_\_\_\_\_



Number: \_\_\_\_\_

Address: \_\_\_\_\_

My Pharmacy: \_\_\_\_\_



Number: \_\_\_\_\_

Address: \_\_\_\_\_