Where to go when you need care

Providence provides the **right care at the right time and right place**

*Not all care options are available in all areas. Please visit Providence online for more information.

- **Express Care E-Visit ($)**
  - Complete an online health questionnaire about your symptoms. Get care on your schedule for common conditions.
  - No appointment needed
  - Get an email response from a provider within an hour*, including diagnosis and treatment plan.
  - E-Visit only available to Providence Health Plan members with a Providence doctor in Oregon.

- **Express Care Virtual Visit ($)**
  - For treatment of common issues, visit a Providence provider using secure audio and video on your computer or mobile device.
  - No appointment needed
  - Available 8 a.m. to midnight, 7 days a week

Learn more at: Virtual.Providence.org or call 855-360-5472

- **Express Care Clinic ($$)**
  - Get same-day visits for minor and basic illnesses and injuries, including sprains, asthma, cuts and scrapes, migraines, abdominal pain and more.
  - No appointment needed
  - Schedule same-day appointments online
  - Open 7 days a week

Learn more at: ProvidenceExpressCare.org or call 888-227-3312

- **Primary Care Clinic ($$)**
  - See your primary care provider for preventive care, general care and coordination of services when you need a specialist.
  - Call for an appointment
  - Hours vary by location

Learn more at: Providence.org/pmg or call 503-582-2185

- **Immediate/Urgent Care Clinic ($$$)**
  - Care for illnesses, serious nausea/vomiting, or injuries that require on-site X-ray, labs, joint injections and more.
  - No appointment needed
  - Available 7 days a week
  - Hours vary by location

Learn more at: Providence.org/pmg or call 503-215-9900

- **Emergency Room ($$$$)**
  - Call 911 or go to the nearest facility if you have life-threatening emergencies.
  - No appointment needed
  - Open 24 hours a day, 365 days a year
  - Get locations at Providence.org/oregon

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We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

注意：如果您講中文，您可以免費獲得語言援助服務。請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).