

Know your care options

MedStar eVisit [MedStarEVisit.org](https://www.MedStarEVisit.org)

It's the middle of the night (or day) and you are feeling under the weather. **MedStar eVisit** gives you 24/7 access to a medical provider evaluation of minor health issues that do not require a physical exam or testing. After signing up, you can have a secure virtual consultation within minutes through your computer or mobile device.

Use **MedStar eVisit** for:

- Allergies, cold, sinus infection, or mild flu symptoms
- Sore throat
- Pink eye
- Rash or hives
- Nausea, vomiting, or diarrhea
- Headaches or migraines
- Constipation
- Dry skin
- Joint or back pain
- Minor cuts or burns

MedStar Urgent Care [MedStarHealth.org/UrgentCare](https://www.MedStarHealth.org/UrgentCare)

Visit **MedStar Health Urgent Care** (formerly PromptCare) in Charlotte Hall and Waldorf for same-day care or when your primary care doctor is not available. No appointment needed and online check in is available. MedStar Urgent Care is appropriate when an in-person physical exam, testing, or treatment is needed.

- Minor injuries such as a twisted ankle or cuts requiring stitches
- Illnesses such as sore throat, flu, pneumonia, urinary tract infection, mild to moderate asthma, stomach virus, migraine headache, and concussion
- On-site testing: X-ray, urinary tract infection, pregnancy, rapid strep, mononucleosis, and flu

There's more than one way to find the medical care you need

Primary Care [MedStarStMarys.org/Community](https://www.MedStarStMarys.org/Community)

Building a long-term relationship with a primary care partner plays an essential role in protecting your health. Your primary care team manages routine medical care and acute injuries or illnesses that are not immediately life threatening. With Southern Maryland offices in Brandywine, Charlotte Hall, Leonardtown, Lexington Park, and Waldorf, great care is right around the corner.

Visit your primary care provider for:

- Wellness visits
- Injury
- Health screenings
- Management of chronic conditions such as high blood pressure, cholesterol, asthma
- Mental health concerns such as depression or anxiety
- Birth control
- Weight management
- Illness such as cold, flu, or strep

Emergency Department [MedStarStMarys.org/Emergency](https://www.MedStarStMarys.org/Emergency)

The Emergency Department at MedStar St. Mary's Hospital offers comprehensive emergency evaluations and treatments by physicians and nurses specially trained for emergency care. If you are facing a life-threatening situation, **dial 9-1-1**.

Visit the Emergency Department for:

- Chest pain
- Difficulty breathing
- Severe abdominal pain
- Major head injury
- Heavy bleeding
- Severe dizziness or passing out
- Stroke symptoms
- Seizures

