You’ve cut your finger. Do you know where to go for treatment?

Not to the emergency department. A finger cut isn’t an emergency.

Head to an urgent care center instead.

Urgent care centers offer the same treatment as your doctor. They have longer hours on weekdays, Saturdays and Sundays.

You’re also likely to get faster treatment. That’s because emergency departments must first treat those who need care most, not those who have been waiting longest.

Urgent care isn’t the place to go in a crisis. For a heart attack or other life-threatening illness, seek emergency help.

Use the lists below as a guide. Call your urgent care center and ask where to go if you’re not sure.

**Urgent care**
- Minor burns or cuts
- Sprains or strains
- Animal bites
- Cough, cold or sore throat
- Ear infections
- Rash or skin problems
- Flu-like symptoms
- Broken bones

**Emergency department**
- Uncontrolled bleeding.
- Loss of consciousness.
- Chest pain that lasts more than a few minutes—call 911 immediately if you think it is a heart attack.
- Sudden trouble seeing, talking, walking or other signs of a stroke—call 911 immediately.
- Any sudden or severe pain.
- Trouble breathing.
- Coughing or vomiting blood.
- Head injury.

Sources: American College of Emergency Physicians; National Association for Ambulatory Care
The teen years are a time of change: changing skin, changing bodies and changing health needs. For these reasons and more, teens should have an annual health checkup. Depending on family and personal history, a teen may be screened for:

- Skin cancer
- Diabetes
- Obesity
- Substance abuse

Teens also need a booster shot at age 16 to prevent meningitis. Many doctors now talk to teens about health and safety. Do they wear a seatbelt? Do they use tobacco? Are they dating? Teens who are having sex may be tested for sexually transmitted diseases.

Screenings help parents and health providers guide teens as they prepare to become adults.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention; National Institutes of Health

### Vaccines children need

**DTaP** = diphtheria, tetanus, pertussis (whooping cough)

**Flu** = influenza

**HepA** = hepatitis A

**HepB** = hepatitis B

**Hib** = *Haemophilus influenzae* type b

**HPV** = human papillomavirus

**IPV** = poliovirus (polio)

**MCV4** = meningococcal

**MMR** = measles, mumps, rubella

**PCV13** = pneumococcal

**PPSV23** = pneumococcal

**RV** = rotavirus

**Tdap** = tetanus, diphtheria, pertussis

**VAR** = varicella (chickenpox)

**HepA** (series) = hepatitis A

**MCV4** (series) = meningococcal

**MMR** (series) = measles, mumps, rubella

**PCV13** (series) = pneumococcal

**PPSV23** (series) = pneumococcal

**VAR** (series) = varicella (chickenpox)

**HepA** (2 doses) = hepatitis A

**Flu, yearly** (2 doses*) = influenza

**MMR** = measles, mumps, rubella

**VAR** = varicella (chickenpox)

**HepA** = hepatitis A

**MCV4** = meningococcal

Range of routinely recommended ages

Range for certain high-risk groups

Range for catch-up immunizations

*Needed in some cases

**Also booster at age 16

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Screen your teen

The teen years are a time of change: changing skin, changing bodies and changing health needs.

For these reasons and more, teens should have an annual health checkup. Depending on family and personal history, a teen may be screened for:

- Skin cancer
- Diabetes
- Obesity
- Substance abuse

Doctors also make sure teens have had all their shots. These vaccinations are recommended for teens who didn’t get them as preteens:

- HPV (human papillomavirus)
- Measles and mumps
- Hepatitis

### Four screenings your child needs

**Is your child’s health on track?**

These four screenings can help you find out:

- **Vision.** Poor eyesight can keep your child from doing well in school. A vision test can help uncover possible problems.
- **Hearing.** Not being able to hear clearly can also affect school performance. A simple test can find hearing loss.
- **Lead exposure.** Even very low levels of lead can affect a child’s brain development. A blood test can detect levels that are too high.
- **Body mass index (BMI).** This measures a child’s height and weight. It can help show if a child is at a normal weight, overweight or on the path to obesity—and other health concerns.

Hearing and vision testing may be done at your child’s school. If not, be sure they are done at your child’s yearly well-child checkup.

And, if any problems are suspected, be sure to follow up with your child’s doctor for more testing.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

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Follow up: For help scheduling a lead screening or a well-child visit, please call HEDIS Outreach at 1 (866) 651-7838.
### Urgent care locations

For more information, visit [www.MarylandPhysiciansCare.com](http://www.MarylandPhysiciansCare.com) and click on “Find a Provider” at the top right of the page.

#### ALLEGANY COUNTY
- **Health Matters LLC**
  - Cumberland, Maryland
  - 1 (301) 729-3278

- **Hunt Club (UC)**
  - Cumberland, Maryland
  - 1 (304) 726-4501

- **WMHS Urgent Care Services (Frostburg)**
  - Frostburg, Maryland
  - 1 (301) 689-3229

- **Hunt Club (UC)**
  - Cumberland, Maryland
  - 1 (304) 726-4501

#### ANNE ARUNDEL COUNTY
- **Doctors Express–Edgewater**
  - Edgewater, Maryland
  - 1 (410) 956-3394

- **Patient First–Glen Burnie**
  - Glen Burnie, Maryland
  - 1 (443) 577-0277

- **Patient First–Odenton**
  - Odenton, Maryland
  - 1 (443) 351-3917

- **Patient First–Pasadena**
  - Pasadena, Maryland
  - 1 (443) 573-0564

- **Righttime Medical Care–Annapolis**
  - Annapolis, Maryland
  - 1 (888) 808-6483

- **Righttime Medical Care–Gambrills**
  - Gambrills, Maryland
  - 1 (888) 808-6483

- **Righttime Medical Care–Hanover**
  - Hanover, Maryland
  - 1 (443) 755-9253

- **Righttime Medical Care–Pasadena**
  - Pasadena, Maryland
  - 1 (888) 808-6483

#### BALTIMORE COUNTY
- **Doctors Express**
  - Pikesville, Maryland
  - 1 (410) 484-4044

- **Doctors Express of Timonium**
  - Timonium, Maryland
  - 1 (410) 453-0002

- **ExpressCare of Dundalk**
  - Dundalk, Maryland
  - 1 (410) 288-2121

- **ExpressCare of Owings Mills LLC**
  - Owings Mills, Maryland
  - 1 (410) 363-7281

- **ExpressCare of Parkville LLC**
  - Parkville, Maryland
  - 1 (410) 665-0670

- **Life Care Plus LLC**
  - Baltimore, Maryland
  - 1 (410) 542-1725

- **Lifeline Urgent Care**
  - Randallstown, Maryland
  - 1 (410) 496-9105

- **Patient First**
  - Owings Mills, Maryland
  - 1 (410) 902-6776

- **Patient First–Bayview**
  - Baltimore, Maryland
  - 1 (410) 814-4500

- **Patient First–Catonsville**
  - Catonsville, Maryland
  - 1 (443) 514-1361

- **Patient First–Lutherville**
  - Lutherville Timonium, Maryland
  - 1 (410) 583-2777

- **Patient First–Perry Hall**
  - Nottingham, Maryland
  - 1 (410) 529-9200

- **Righttime Medical Care**
  - Pikesville, Maryland
  - 1 (888) 808-6483

#### CALVÉRT COUNTY
- **Dunkirk Urgent Care Center**
  - Dunkirk, Maryland
  - 1 (410) 286-7911

- **Prince Frederick Urgent Care Center**
  - Prince Frederick, Maryland
  - 1 (410) 535-8911

- **Solomons Urgent Care Center**
  - Solomons, Maryland
  - 1 (410) 394-2800

#### CECIL COUNTY
- **ExpressCare of Elkton LLC**
  - Elkton, Maryland
  - 1 (443) 485-6213

#### CHARLES COUNTY
- **Health Provider MGMT LLC DBA My Doctor**
  - Waldorf, Maryland
  - 1 (301) 396-4444

- **Patient First–Waldorf**
  - Waldorf, Maryland
  - 1 (240) 427-1926

#### FREDERICK COUNTY
- **Righttime Medical Care–Frederick**
  - Frederick, Maryland
  - 1 (301) 396-4444

- **Westview Urgent Care Medi Center**
  - Frederick, Maryland
  - 1 (301) 682-8888

#### HARFORD COUNTY
- **ExpressCare of Bel Air**
  - Bel Air, Maryland
  - 1 (410) 420-6970

- **Patient First–Aberdeen**
  - Aberdeen, Maryland
  - 1 (410) 306-7880

- **Total Urgent Care**
  - Edgewood, Maryland
  - 1 (410) 612-0374

#### MONTGOMERY COUNTY
- **Advanced Walk-In Urgent Care**
  - Silver Spring, Maryland
  - 1 (301) 592-1780

- **After Hours Urgent Care LLC**
  - Rockville, Maryland
  - 1 (301) 738-8889

- **All-Day Medical Care Clinic**
  - Gaithersburg, Maryland
  - 1 (301) 330-0006

- **Briggs Chaney Walk-In Clinic LLC**
  - Silver Spring, Maryland
  - 1 (301) 890-8000

- **Fast Track Urgent Care**
  - Kensington, Maryland
  - 1 (301) 949-0030

- **Mercy Urgent Care Clinic LLC**
  - Silver Spring, Maryland
  - 1 (301) 460-8000

- **Patient First–Silver Spring**
  - Silver Spring, Maryland
  - 1 (443) 351-3917

- **Righttime Medical Care**
  - Rockville, Maryland
  - 1 (301) 468-6483

- **Righttime Medical Care–Gaithersburg**
  - Gaithersburg, Maryland
  - 1 (888) 808-6483

- **Righttime Medical Care–Olney**
  - Olney, Maryland
  - 1 (888) 808-6483

- **XpressMedCare LLC**
  - Silver Spring, Maryland
  - 1 (240) 558-3131

#### NEW CASTLE COUNTY
- **Fast Care Medical Aid Unit LLC**
  - Claymont, Delaware
  - 1 (302) 793-7506

#### PRINCE GEORGE’S COUNTY
- **Express HealthCare LLC**
  - College Park, Maryland
  - 1 (301) 441-1112

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Don’t let the flu get to you

Each year has a flu season. And each flu season, the virus may change.

That’s why almost everyone age 6 months and older should get a new flu shot every year. The shot is the best way to protect yourself.

A flu shot is really important for people age 65 or older. Older bodies don’t fight off germs as well as young ones. An illness like the flu can make older people very sick. And the flu is more likely to turn into pneumonia in older people.

Flu season starts in the fall. So write flu shot on your calendar for September. That will remind you to call your health care provider and ask about the shot.

Sources: Centers for Disease Control and Prevention; U.S. Department of Health and Human Services

We care about quality

Maryland Physicians Care focuses on our members’ health and keeping members healthy. We want to serve you better. So we closely evaluate and monitor the medical care and programs our members receive. We measure their quality and safety to find out what works best. That helps us improve our members’ health. It also lets us find areas to improve. The process of figuring out how to improve your care is called the Quality Improvement Program.

To find out more about our quality program, our goals and our progress in meeting our goals, visit our website at www.MarylandPhysiciansCare.com/members.aspx.

Help stop fraud

Please remember: It is everyone’s responsibility (a requirement that can be subject to federal or state sanctions) to report suspected fraud or abuse.

To report fraud or abuse, call the Maryland Physicians Care (MPC) compliance hotline at 1 (866) 781-6403. We prefer, but do not require, that you leave your name.

You can also visit MPC’s website at www.MarylandPhysiciansCare.com. Click on the “Fraud & Abuse” tab, and you can email us suspected fraud information. Either way, it’s really important that we hear from you.

Thanks for your continued support!

Sincerely,

MPC Compliance Department

Visit our website

Find information on:
• Quality Improvement Program
• Case Management Program
• Clinical practice guidelines
• Utilization management
• Pharmacy/prescription drug management
• Benefits and coverage
• Member rights and responsibilities
• Provider directory
• Protected health information ( PHI ) use and disclosure

Who to call

Member Services (benefits, ID cards, appeals, PCP changes, etc.)
1 (800) 953-8854

DentaQuest (adults only)
1 (800) 685-1150

Healthy Smiles Dental Services
1 (888) 696-9596

Public Mental Health Services
1 (800) 886-1965

Substance Abuse
1 (800) 953-8854

Block Vision
1 (800) 426-8789

HEDIS Outreach
1 (866) 651-7838

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This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. The plan does not provide health care services; you must receive health care services from your provider.

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