

Call First

If you believe you have a life- or limb-threatening emergency, call 911 or go directly to an emergency room. Otherwise call your Primary Care Physician first.

Doctors who care for Rocky Mountain Health Plans patients are available 24 hours a day, 7 days a week, 365 days a year.

Your Primary Care Physician can help you:

- Get the best care in the best place.
- Minimize the amount of time you spend waiting to get care.
- Keep your out-of-pocket costs (copays) lower.



ROCKY MOUNTAIN
HEALTH PLANS®

We understand Colorado. We understand you.

Emergency Room vs. Urgent Care Center

It is generally much more expensive to get care in an emergency room compared to an Urgent Care facility. If your condition is of concern but not an emergency, some doctors may take care of you in their offices after hours or even on weekends.

In the Denver Metro area, there are several Urgent Care centers where a doctor can treat you. These are less expensive than going to the emergency room. If you're told to go to an Urgent Care facility, choose one from the list* on the back of this flyer.

You Should Use an Emergency Room When:

- Your condition is so serious you are not able to call your Primary Care Physician.
- You call your Primary Care Physician and he or she tells you to go to an emergency room.
- You are so sick or badly hurt that you might die or seriously harm your health or body if you don't get help right away.

Use Emergency Rooms for:

- chest pain
- life- and limb-threatening conditions
- loss of consciousness
- major burns
- poisonings
- severe bleeding
- spine injuries
- stroke symptoms

Use Urgent Care Centers for:

- colds
- coughs
- cuts
- diarrhea
- earache
- eye infections
- minor burns
- rashes
- sinus infections
- sore throats
- sprains
- stomach upsets
- urinary infections

Adams

After Ours Inc
2761 W 120Th Ave Ste 100
Denver, CO 80234

Medexpress Urgent Care
1050 W 104Th Ave Ste B
Northglenn, CO 80234

Rocky Mountain Urgent Care
18240 E 104Th Ave Ste 205
Commerce City, CO 80022

Westminster Urgent Care
5044 W 92Nd Ave
Westminster, CO 80031

Arapahoe

Englewood Urgent Care
3601 S Clarkson St Ste 100
Englewood, CO 80113

Nextcare Arvada / Aurora
18890 E Hampden Ave
Aurora, CO 80013

Rocky Mountain Urgent Care
13650 E Mississippi Ave
Ste 100B
Aurora, CO 80013

Rocky Mountain Urgent Care
20250 E Smokey Hill Rd
Centennial, CO 80015

Boulder

Boulder Medical Center Urgent
Care
2750 Broadway
Boulder, CO 80304

Community Medical Center
1000 W South Boulder Rd Ste 100
Lafayette, CO 80026

Longmont Clinic PC
1925 W Mountain View Ave
Longmont, CO 80501

Nextcare Urgent Care Longmont
2144 Main St Ste 8
Longmont, CO 80501

Rocky Mountain Urgent Care
1551 Professional Lane Ste 170
Longmont, CO 80501

Rocky Mountain Urgent Care
4800 Baseline Rd Ste D-106
Boulder, CO 80303

Broomfield

After Ours Inc
6363 W 120Th Ave Ste 202
Broomfield, CO 80020

Childrens Hospital After Hrs
Care Ctr
469 State Hwy 7
Broomfield, CO 80023

Nextcare Urgent Care
Broomfield
4590 W 121St Ave
Broomfield, CO 80020

Denver

After Ours Inc
1515 Wazee St
Denver, CO 80202

After Ours Inc
1900 Grant St Ste 1000
Denver, CO 80203

Denver Urgent Care Llc
One Broadway Bldg A Ste 100
Denver, CO 80203

Medexpress Urgent Care
3600 E Alameda Ave Ste 100
Denver, CO 80209

Douglas

20 Mile Urgent Care
11355 S Parker Rd Ste 103
Parker, CO 80134

After Ours Inc
200 W County Line Rd Ste 100
Highlands Ranch, CO 80129

Founders Family Med Center &
Urgent Care
4386 Trail Boss Dr
Castle Rock, CO 80104

Medexpress Urgent Care
10345 S Parkglenn Ste 100
Parker, CO 80138

Medexpress Urgent Care
4348 Woodlands Blvd Ste 100
Castle Rock, CO 80104

Medexpress Urgent Care
9330 S University Blvd Ste 100
Highlands Ranch, CO 80126

Nextcare Urgent Care County Line
2050 E County Line Rd
Highlands Ranch, CO 80126

Plum Creek Medical Clinic
410 S Wilcox St
Castle Rock, CO 80104

El Paso

Briargate Medical Campus
8890 N Union Blvd Ste 170
Colorado Springs, CO 80920

Colorado Springs Hlth Partners
Urgent Care
209 S Nevada Ave
Colorado Springs, CO 80904

Expresscare
2141 N Academy Cir Ste 102
Colorado Springs, CO 80909

Springs Medical Center
2502 E Pikes Peak Ave
Colorado Springs, CO 80909

Jefferson

Medexpress Urgent Care
605 Parfet St
Lakewood, CO 80215

Nextcare Arvada / Aurora
7450 W 52Nd Ave Ste H
Arvada, CO 80002

Rocky Mountain Urgent Care
1555 S Wadsworth Blvd
Lakewood, CO 80232

Rocky Mountain Urgent Care
255 Union Blvd Ste 300
Lakewood, CO 80228

Urgent Care Of Colorado Pc
9116 W Bowles Ave Ste 03A
Littleton, CO 80123

Larimer

First Care Physicians Llp
2160 W Drake Rd Ste A-3
Fort Collins, CO 80526

First Care Physicians Llp
295 E 29Th St
Loveland, CO 80538

Harmony Urgent Care
2127 E Harmony Rd Ste 140
Fort Collins, CO 80528

Skyline Urgent Care
2555 E 13Th St Ste 110
Loveland, CO 80537

Pueblo

Parkview Emergency Svcs At
Pueblo West
899 E Industrial
Pueblo, CO 81007

Southern Colorado Clinic
3676 Parker Blvd
Pueblo, CO 81008

Southern Colorado Clinic
3937 Ivywood Ln
Pueblo, CO 81004

Weld

Greeley Medical Clinic
1900 16Th St
Greeley, CO 80631

Greeley Medical Clinic
2001 70Th Ave
Greeley, CO 80634

Nextcare Urgent Care Greeley
2928 W 10Th St
Greeley, CO 80634