

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.

On the Western Slope area, there are several Urgent Care centers where a doctor can treat you after hours. 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

La Plata

Durango Urgent Care PLLC
1800 E. 3rd Ave., Ste. 112
Durango, CO 81301
970-247-8382

Mesa

Docs On Call
3150 N. 12th St.
Grand Junction, CO 81506
970-255-1576

Family Health West Medical Services/
Urgent Care
300 W. Ottley Ave.
Fruita, CO 81521
970-858-2119

Grand Valley Urgent Care
1060 Orchard Ave., Ste. N
Grand Junction, CO 81501
970-256-6345

Redlands After Hours
2237 Redlands Parkway
Grand Junction, CO 81507
970-243-1707

Montrose

Mountain Peaks Urgent Care
836 S. Townsend, Ste. C
Montrose, CO 81401
970-249-2118

San Miguel

Telluride Medical Center-Urgent Care
500 W. Pacific
Telluride, CO 81435
970-728-3848