

Grand Traverse

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

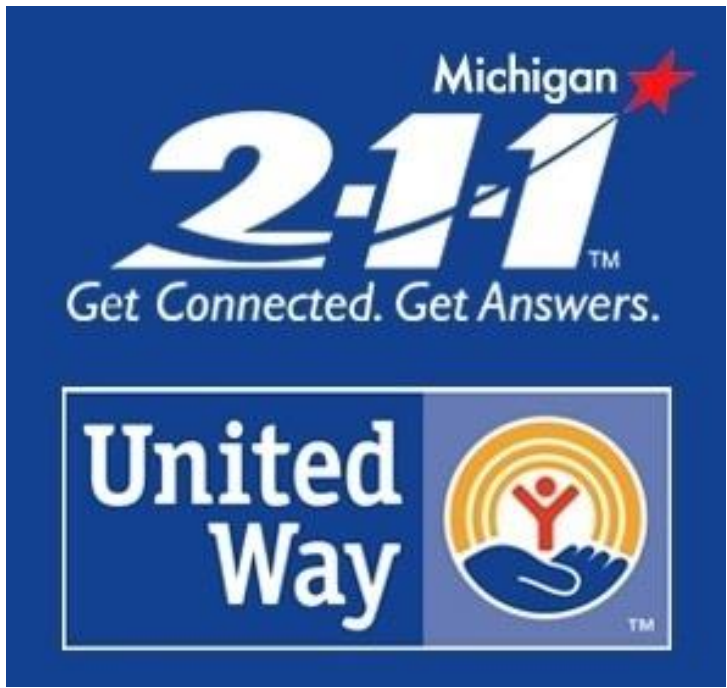
2023

Grand
Traverse
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1-2]
Disability & Special Needs Resources	[2-3]
Emergency & Disaster Services	[3]
Financial Assistance	[3]
Food Pantries, Clothing & Household Assistance	[3]
Healthcare Services	[3-5]
Housing Assistance	[6]
Legal Assistance	[6]
Libraries	[6]
Parenting & Pregnancy Resources	[7]
Support Groups	[7]
Transportation	[7]
Tribal Services	[7]
Veterans Affairs	[7-8]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES 911 CALL

Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
Department Of Human Services	(231) 941-3900
HAVEN Crisis Line	(877) 922-1274
Love is respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Domestic Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
The Trevor Project (Youth LGBTQ crisis and suicide hotline)	(866) 488-7386
Third level Crisis Line	(800) 442-7315
Victim Connect- any crime	(855) 484-2846
Vulnerable Adult Help Line	(855) 444-3911
Women’s Resource Center Crisis	(800) 554-4972

ADULT AGING SERVICES

Acts of Love Home Companion	(231)929-7595
Alliance for Senior Living	(231) 263-4040
Alzheimer’s Association	(800) 272-3900
Greater Michigan Chapter Support Groups	www.alz.org/gmc
Alzheimer's Association	(800) 272-3900
Alzheimer's Association of Northwest Michigan	(231) 929-3804
Angel Hart Home Care	(231) 935-4000
Area Agency on Aging of Northwest MI, Inc.	(231) 947-8920
Area on Aging	(231) 922-4688
Bay Ridge Assisted Living	(231) 932-9757
Beacon Home at Silverview	(877) 409-0666
Beacon of the North	(231) 263-1353
Boardman Lake Glens:	(231) 941-1919
Brigadoon	
Brightstar of Northern Michigan	(231) 929-7827
Cass Road Adult Foster Care	(231) 941-8685
Cedar Valley Home	(866) 333-6002
Cherry Hill Haven	(866) 333-6002
Cherry Hill Nest	(231) 645-2341
Comfort Keepers	(231) 222-5376
Commission on Aging	(231) 922-4688
Compassionate Care Home Health	(231) 929-5491
Countryside Senior AFC	(231) 263-0711
Crisis Services for the Elderly	(231) 922-4688
Crystal Penny, INC	(231) 223-4844
Culver Meadows Adult Foster Care	(231) 943-9421
Culver Meadows Senior Living	(866) 333-6002
Department of Human Services	(231) 941-3900
Disability Network	(800) 782-4160
Disability Network Northern MI	(231) 922-0903
Elmwood AFC	(231) 946-7939
French Manor Terra	(800) 385-2527
Frentners AFC	(855) 866-8719
Grand Traverse Commission on Aging	(231) 922-4688
Grand Traverse County Senior Center	(231) 922-4911

Grand Traverse Pavilions	(231) 932-3000
Green Acres	(231) 947-7055
HAP Senior Plus	(800) 801-1770
Hillcrest AFC	(231) 263-7026
Home of Traverse City	(888) 595-9101
Horizon Heights Assisted Living	(800) 984-5201
InTeliCare	(231) 421-5285
Joy Givers, Inc	(231) 922-5974
Kennedy House Facilities	(866) 333-6002
King Adult Living Center	(231) 929-1311
Lake Shore AFC	(231) 276-9260
Laparr AFC Facilities	(800) 984-5201
McLaren Home Care	(866) 323-5974
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Mission Point	(231) 263-7323
Munson Home Care	(800) 252-2065
Neurorestorative Michigan	(800) 743-6802
Neurorestorative Michigan-East Bay North/East Bay South	(231) 932-0413
Piper's Place AFC	(855) 866-8719
Rainbow of Hope Farm	(231) 263-4673
Seniors Helping Seniors	(989) 401-4527
Social Security Administration	(800) 772-1213
Summerfield AFC	(231) 943-9590
The Manor House	(231) 935-2300
Traverse City Residential Care	(231) 313-9633
Traverse Manor	(231) 946-2999
Visiting Angels Living Assistance Services	(800) 365-4189
West Shore AFC Home, LLC	(231) 276-9795

Assisted Living

Arbor House Assisted Living	(231) 935-3772
Bay Ridge Assisted Living Center	(231) 932-9757
Boardman Lake Glens	(231) 941-1919
Cordia at Grand Traverse Commons	(231) 995-5266
Glen Eagle	(231) 360-2062
Grand Traverse Pavilions	(231) 932-3000
Northern Star Senior Living	(231) 947-4626
Options for Senior Living LLC.	(231) 935-4735
Orchard Creek Assisted Living	(231) 932-9060
The Villa at Traverse Point	(231) 941-1200

Traverse Manor	(231) 946-2999
Woodside Village	(231) 933-4339

DISABILITY & SPECIAL NEEDS RESOURCES

Aging & Disability Resource	(231) 922-4688
Collaboration of Northwest MI	
Autism Society of MI	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
Disability Network Northern Michigan	(231) 922-0903
Disability Network of MI	(800) 782-4160
www.dnmichigan.org/cil-directory	
GiGi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(877) 499-6232
Muscular Dystrophy Association	(800) 572-1717
Paralyzed Veterans of America	(800) 424-8200
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
United Cerebral Palsy of MI	(800) 872-5827
Vocational Rehabilitation	(800) 605-6722
Michigan Commission for the Deaf	

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross of Northwest MI	(231) 947-7286
American Red Cross	(800) 733-2767
Center for Disease Control and Prevention (CDC)	(800) 232-4636
Emergency Management & Homeland Security	(231) 995-6059
Poison Control	(800) 222-1222

Salvation Army of Traverse City (231) 946-4644
 Suicide Prevention (800) 273-8255

FINANCIAL ASSISTANCE

MSHDA: Step Forward (866) 946-7432
 Rx Outreach (800) 769-3880

Employment Assistance

Michigan Council of Rehabilitation Services (517) 335-2400
 Michigan Indian Employment & Training Services (800) 591-8820
 Michigan Veterans Affairs Agency (800) 642-4838
 Senior Community Services Employment Program (800) 442-1713
 Social Security Disability Beneficiaries Unemployment Office Hotline (866) 500-0017
 Supported/Integrated Employment Services-Northern Lakes CMH (800) 492-5742
 Ticket to Work Program (866) 968-7842
 Unemployment Office Hotline (866) 500-0017

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Acme Christian Thrift Store & Food Pantry (231) 938-2990
 American Red Cross (800) 733-2767
 Area Agency on Aging (231) 947-8920
 Department of Human Services (231) 941-3900
 Food Bank Council of Michigan (Pantries) www.fbmic.org/resources/find-a-foodbank
 Goodwill Industries (231) 922-4826
 Grace Episcopal Church (231) 947-2330
 Grand Traverse Baby Pantry (231) 252-6064
 Grand Traverse Region HUD Rental Assistance (800) 569-4287
 HelpLink (231) 946-6278
 Immaculate Conception Pantry (231) 946-4211
 Lake Ann United Methodist Church (231) 275-7236

Love Thy Neighbor (231) 941-5683
 Northwest Michigan Community Action Agency (231) 947-3780
 Salvation Army (231) 946-4644
 Seventh Day Adventist (231) 947-8111
 Community Service Food Pantry
 The Father Fred Foundation (231) 947-2055
 Trinity Lutheran Church & School (231) 946-2720
 WIC (800) 942-1636
 WIC Program (231) 995-6112
 Woman’s Resource Center (231) 941-1210

HEALTHCARE SERVICES

AIDS Program Hotline (800) 872-2437
 Center for Disease Control and Prevention (800) 232-4636
 Children’s Special Healthcare (800) 359-3722
 Epilepsy Foundation of Michigan (800) 377-6226
 Heartland Hospice (800) 878-9657
 Hospice of Michigan (888) 247-5701
 Huntington’s Disease Helpline (800) 345-4372
 Leukemia (800) 456-5413
 Michigan HIV/AIDS Hotline (800) 872-2437
 Munson Hospice (800) 252-2065
 Parkinson’s (800) 473-4636
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722
 Veteran Affairs (844) 698-2311
 Veteran Affairs – Traverse City (231) 995-6070

Clinics & Hospitals

Autism Society Hotline (800) 328-8476
 Behavioral Medical Associates, PLLC (866) 234-1631
 Cherry Hill Haven (231) 645-2341
 Compassionate Care Home Health (231) 929-5491
 Grand Traverse Allergy PC (231) 995-3657
 Grand Traverse Natural Health Care (231) 929-8183
 Grand Traverse Pavilions (231) 932-3000

Grand Traverse Women's Clinic (231) 392-0650
 Great Lakes Orthopedic Center (231) 935-0900
 Harbor Care Associates, LLC Health Dept (231) 922-1377 (231) 995-6111
 In-Home Health Care Services (231) 941-4005
 Karmanos Cancer Institute (800) 527-6266
 Life Care Sleep & Health Center (231) 421-1592
 McLaren Home Care (866) 323-5974
 McLaren Northern Hospital (800) 248-6777
 Medilodge of GTC (231) 947-0506
 Michigan HIV/STD Hotline (800) 872-2437
 Munson Healthcare (231) 935-5000
 Northwest Michigan Health Services (231) 947-0351
 Traverse Area Pediatric & Adolescent Clinic (231) 421-8099
 Traverse Health Clinic (231) 935-0799
 Veterans Medical Clinic (231) 932-9720
 Village Family Practice (231) 935-0708
 Youth Health & Wellness Center (231) 922-6416

Dental Resources

Beers Family Dentistry (231) 941-0200
 Deerhaven Family Dentistry (231) 929-3606
 Dental Clinics North – Traverse (231) 932-7316
 Dental Lifeline Network (303) 534-5360
 Denture Care Clinic (231) 941-1898
 East Bay Family Dentistry (231) 946-4443
 Grand Traverse Endodontics (231) 932-9711
 Grandview Dental Care (231) 922-0775
 GT Smile Center (231) 935-4872
 Harbor Side Dental (231) 946-0207
 Michigan Donated Dental Services Program - Okemos (517) 372-9070
 Rice, Derek J DDS (231) 946-2497
 Rose Street Dental (231) 947-6880
 Scott Schulz Orthodontics (231) 929-3200
 Traverse Dental Care (231) 946-6336

Hearing Aids

Audicare Hearing Centers (231) 938-3111
 Dynamic Hearing Care Systems (231) 384-6556
 Hear USA Network (866) 333-3389

Hearing Solutions of Northwest Michigan (231) 922-1500
 Higgins Hearing Aid Services Traverse City (231) 947-2420
 Miracle-Ear Hearing Aid Center (231) 638-4127
 Munson Hearing Clinic (231) 935-6455
 Relay Center for Deaf/Hard of Hearing 7-1-1

Medical Equipment & Loan Closets

Adaptive Environments - Home lifting systems (800) 355-5438
 ALS of Michigan (800) 882-5764
 Chronic Care Management (231) 421-6921
 GiGi's Playhouse Michigan (248) 577-9899
 Grand Traverse Commission on Aging (231) 922-4688
 Great Lakes Therapy House Calls (231) 941-3100
 Michigan Assistive Technology Loan Fund (800) 828-2714
 Michigan CPAP Bank (734) 232-3964
 Muscular Dystrophy Association (800) 572-1717
 National Federation of the Blind Michigan (586) 754-1325
 One-Drop Diabetes Support & Supplies (800) 437-1474
 Paralyzed Veterans of America (800) 638-6782
 United Cerebral Palsy Michigan (800) 828-2714

Mental Health & Counseling Services

Access Alliance (800) 448-5498
 Behavioral Health Services Traverse City (800) 662-6766
 Boys Town National Hotline (800) 448-3000
 Catholic Human Services (231) 947-8110
 Common Ground Crisis Line (800) 231-1127
 Lakeview Counseling (231) 929-0300
 Mental Wellness Counseling (231) 714-0282
 Munson Behavioral Health (231) 935-6382
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255

National Domestic & Sexual Violence Helpline (800) 799-7233
 National Human Trafficking Resource Center (888) 373-7888
 Northern Lakes Community Mental Health (231) 922-4850
 Old Town Psychological Services (231) 941-6550
 Pine Rest Traverse City Clinic (231) 947-2255
 Problem Gambling Helpline (800) 270-7117
 RAINN (Rape & Incest National Network) (800) 656-4673
 SEMCA (800) 686-6543
 Stop It Now! Hotline (888) 773-8368

Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255

The Path to Partnership (231) 660-1017
 Third Level Youth Crisis Intervention Center (800) 442-7315
 Women’s Resource Center (231) 941-1210

Pharmacies & Prescription Assistance

Hometown Pharmacy (231) 922-2952
 Meijer (231) 933-1810
 MiRx Discount Card (866) 755-6479
 NeedyMeds (800) 503-6897
 Olsen’s West Pharmacy (231) 947-2880
 Partnership for Prescription Assistance www.pparx.org
 Rite Aid Pharmacy (231) 929-0526
 RX Outreach (800) 769-3880
 RxAssist (877) 537-5537
 Thompson Pharmacy & Medical (231) 947-2880
 Traverse Health Clinic (231) 935-0799
 Traverse Health Clinic (231) 935-0799
 Walgreens-Garfield (231) 922-9277
 Walgreens-Traverse City (231) 938-7051
 Wal-Mart (231) 933-7095

Rehabilitation

Elite Physical Therapy, Sports Performance Functional Rehabilitation (231) 421-5805
 (231) 486-6138
 FYZICAL- Therapy & Balance Centers (231) 932-9014
 Life Beyond Barriers Rehabilitation Group (231) 486-6330

McLaren Home Care (Bay City) (800) 840-3147
 Medilodge of Traverse City (231) 947-9511
 MI Rehab Service Traverse City (231) 922-5260

Substance Abuse

Addiction Treatment Services (231) 346-5216
 CDC Hotline (800) 232-4636
 Alcoholics Anonymous (800) 356-9996
 Narcotics Anonymous (NA) Hotline (800) 230-4085
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
 SEMCA (800) 686-6543
 Substance Abuse Hotline (800) 662-4357

Urgent Care

Foster Family Community Health Center Urgent Care (231) 935-8686
 The Walk-in Clinic Urgent Care (231) 929-1234
 WellNow Urgent Care Traverse City (231) 486-2573

Vision Assistance

Bay Eye Associates (231) 935-0630
 Cedar Run Eye Center (231) 929-3888
 EYEESEE Vision Care (231) 947-6767
 Full Spectrum Eye Care and Pediatrics (231) 946-8460
 Goodwill Optical (231) 932-1520
 Grand Traverse Ophthalmology (231) 947-6246
 Great Lakes Eye Consultants (231) 947-1690
 LensCrafters (231) 929-7711
 Low Vision Solutions (231) 935-1000
 Michigan Commission for the Blind (800) 292-4200
 National Eye Institute (301) 496-5248
 Northern Vision Eye Care (231) 932-9000
 Old Town Optical (231) 946-0333
 Sam’s Club Optical (231) 995-0263
 Scarbrough Family Eyecare (231) 947-8667
 SVS Vision Optical Centers (231) 486-0580
 Traverse City Eye (231) 244-4456
 Traverse Vision (231) 941-5440
 Vision USA (800) 766-4466

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
American Red Cross	(800) 733-2767
Area Agency on Aging of Northwest Michigan	(231) 947-8920
Area on Aging	(231) 922-4688
Area on Aging	(800) 858-1637
Aspen Hills	(231) 947-5704
Assistance Programs DTE Energy	(800) 477-4747
Bay Hill Apartments	(231) 668-4124
Boardman Lake Apartments	(231) 941-5257
Churchside Village Apartments	(866) 652-8987
Department of Human Services	(231) 941-3900
Department of Human Services	(231) 941-3900
Grand Traverse Area Clc	(231) 932-9030
Grand Traverse Band of Ottawa & Chippewa Indians Housing Dept.	(231) 534-7750
Habitat for Humanity	(231) 941-4663
Hillview Terrace Apartments	(231) 946-6540
HUD Rental Assistance	(800) 569-4287
Low Income weatherization services Consumers Energy	(800) 477-5050
Michigan Veterans Trust Fund	(800) MICH-VET
MSHDA	(866) 946-7432
Northwest Michigan Community Action Agency	(231) 947-3780
Northwest Michigan Community Action Agency	(231) 947-3780
Oak Park Apartments	(231) 947-3621
Salvation Army	(231) 946-4644
The Heat and Warmth Fund	(800) 866-8429
Tradewinds Terrace Apartments	(231) 946-2050
Traverse City Housing Commission	(231) 922-4915
Traverse City Housing Commission	(231) 922-4915
TrueNorth Heat & Energy Assistance	(231) 355-5880

USDA Rural Development	(231) 941-0951 Ext 4
Veterans TOLL Free Numbers	(800) 642-4838
Village Glen Apartments	(231) 932-9506
Women's Resource Center	(231) 941-1210

Emergency Shelters & Warming Centers

Goodwill Inn	(231) 922-4890
Patriot Place	(989) 448-2260
Pete's Place Shelter for youth ages 14-17	(231) 922-4800
Safe Harbor	(844) 900-0500
Women's Resource Center	(231) 941-1210

LEGAL ASSISTANCE

Catholic Human Services	(231) 947-8110
Center for Civil Justice	(800) 724-7441
Legal Services of Eastern Michigan	(800) 322-4512
Legal Services of Northern Michigan	(231) 941-0771
Michigan Depart of Civil Rights	(517) 335-3165
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Michigan Senior Legal Hotline	(866) 400-9164
Social Security Administration	(800) 772-1213
Third Level Crisis Center- Legal Aid Clinic	(800) 442-7315
Veterans TOLL Free Numbers	(800) 642-4838

LIBRARIES

East Bay Branch Library	(231) 922-2085
Fife Lake Public Library	(231) 879-4101
Interlochen Public Library	(231) 276-6767
Kingsley Branch Library	(231) 263-5484
Peninsula Community Library	(231) 223-7700
Woodmere (Main) Traverse City Branch Library	(231) 932-8500

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(800) 275-1995
Child & Family Services	(231) 946-8975
Child Safety Seat Inspection	(231) 947-3000
Crisis Pregnancy Hotline 24 hour	(800) 579-6626
Healthy Futures	(231) 935-5640
LA LECHE	(800) 525-3243
Parent Help Line 24-hour parent support	(855) 427-2736
Planned Parenthood	(231) 929-1844
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662
Women's Resource Center	(231) 941-1210

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Area on Aging	(231) 922-4688
Autism Society of MI	(800) 328-8476
Common Ground Crisis Line	(800) 231-1127
Disability Network of MI	(800) 782-4160
www.dnmichigan.org/cil-directory	
Epilepsy Foundation of Michigan	(800) 377-6226
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
LGBT Hotline	(888) 488-7386
Love is Respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Parkinson's	(800) 852-9781
Problem Gambling Help Line	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673

SEMCA	(800) 686-6543
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

American Cancer Society	(800) 227-2345
Road to Recovery	
Area on Aging	(800) 858-1637
Auto Safety Hotline	(888) 327-4236
BATA Dial-A-Ride	(231) 941-2324
Bay Medical Transport	(231) 307-4555
Child Safety Seat Inspection	(231) 947-3000
Grand Traverse Area Chapter 38 - Disabled Veterans - Request a Ride	
Grand Traverse Band of Ottawa and Chippewa Indians	(231) 534-7750
Karmano's Cancer Institute	(800) 527-6266
Veterans TOLL Free Numbers	(800) 642-4838

TRIBAL SERVICES

Anishnaabek Family Services	(231) 534-7681
Little Traverse Bay Bands of Ottawa	(231) 534-7100
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Dept of Civil Rights	(517) 335-3165
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Tuition Waiver	(517) 241-7748
Office of Indian Education	(202) 260-3774
The Grand Traverse Band of Ottawa and Chippewa Indians	(231) 534-7136

VETERANS AFFAIRS

Area on Aging Northwest	(231) 947-8920
Mi – Traverse City Mi	
CHAMPVA	(800) 733-8387
CHAMPVA Meds by Mail	(888) 385-0235
Education/Training (GI Bill)	(888) 442-4551

Grand Traverse Veterans Affairs	(231) 995-6070
Health Care Benefits	(877) 222-8387
Michigan Veterans Affairs	(800) 642-4838
Military Crisis Line	(800) 273-8255
Military One Source	(800) 342-9647
National Call Center for Homeless Veterans	(877) 424-3838
Paralyzed Veterans of America	(800) 638-6782
Request a Ride – Grand Traverse Mi	(231) 313-9357
Traverse City VA Clinic	(231) 932-9720
Traverse City Vet Center	(231) 935-0051
VA Benefits	(800) 827-1000
VA Caregiver Support Line	(855) 260-3274
Veterans Administration	(800) 827-1000
Veterans Affairs	(844) 698-2311
Veterans Crisis Line	(800) 273-8255
VETERANS Toll Free numbers	(800) 642-4838
Wounded Warrior Resource Center	(888) 997-2586

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p>(Virtual Visits) Primary Care via Telehealth</p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.