

<p><b>NON-URGENT</b></p> <p>Try over-the-counter remedies and contact your primary care clinic first to avoid long waits in the emergency room.</p> <ul style="list-style-type: none"> <li>• Minor cough/cold symptoms</li> <li>• Sprains and strains</li> <li>• Nausea</li> <li>• Some medication refills</li> <li>• Profile renewals</li> <li>• Ear infections</li> <li>• Constipation</li> <li>• Vomiting and/or diarrhea</li> <li>• Pregnancy testing</li> </ul> <p><b>NON-URGENT</b></p>	<p><b>URGENT</b></p> <p>Consider calling the TRICARE Nurse Advice Line for recommendations on whether your circumstance required urgent or emergency care.</p> <ul style="list-style-type: none"> <li>• Eye infections</li> <li>• Cuts or animal bites that may need repair</li> <li>• Broken bones</li> <li>• Bloody vomit</li> <li>• Bloody diarrhea</li> <li>• Pregnant with bleeding or pain</li> <li>• Swallowed foreign bodies</li> </ul> <p><b>URGENT</b></p>	<p><b>EMERGENCY</b></p> <p>Seek care in the nearest emergency room.</p> <ul style="list-style-type: none"> <li>• Cardiac arrest</li> <li>• Inability to swallow</li> <li>• Inability to breathe</li> <li>• Chest pain with fever</li> <li>• Chest pain with shortness of breath</li> <li>• Chest pain that radiates</li> <li>• Chest pain and loss of consciousness</li> <li>• Severe abdominal pain</li> <li>• Sudden paralysis or slurred speech</li> <li>• Uncontrolled bleeding</li> <li>• Seizures</li> <li>• Fever in a child less than 3 months old</li> </ul> <p><b>EMERGENCY</b></p>
<p>Get expert advice and call the TRICARE Nurse Advice Line: 1-800-TRICARE. You have many choices for your medical questions!</p>		

Madigan's Emergency Department will always see patients who feel they have an emergency and need immediate care. We are always here for you! However, we have been experiencing an unusually large amount of non-emergency visits to the ER. Contacting the **Nurse Advice Line at 1-800-TRICARE (874-2273), option 1** to speak with a registered nurse first for guidance and/or visiting a TRICARE-Authorized Urgent Care Center would be the best option and provide a faster visit and better experience for non-emergency, yet urgent needs.

Unnecessary ER visits takes staff and resources away from patients who are in life-threatening predicaments and creates significantly longer wait times for patients with conditions that are not life-threatening. We triage/prioritize patients based on the severity of their condition and patients with non-life threatening conditions may be left untreated for several hours.

Patients who use TRICARE Prime, or any other TRICARE plan\*, may visit any TRICARE-Authorized network Urgent Care Center (UCC) for urgent care; no referral is required. **\*Point of Service costs will *not* apply** for enrolled **TRICARE Prime** beneficiaries.

Patients will find more convenience, shorter wait times and improved accessibility when visiting a UCC for non-emergency illness or injury requiring treatment within 24 hours.

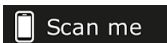
**\*A copay of \$31 is required for all retirees and retiree family members (TRICARE Select and All Other TRICARE Plans) seen at a TRICARE-authorized network UCC. Active duty family members will not have a copay.**

**\*Active duty personnel are not authorized urgent care clinic visits without a referral: Please go to sick call or SCMH for acute care appointment.**



SCAN THE QR CODE TO VISIT OUR PAGE WITH A LIST OF NEARBY TRICARE-AUTHORIZED URGENT CARE CENTERS OR VISIT:

<http://go.usa.gov/xF7re>



## \*URGENT CARE CLINICS IN THE TRICARE NETWORK

Below is a list of Tricare-Authorized UCCs in the local area.

**CALL  
URGENT CARE  
CENTERS**  
(before you visit them!)



<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 9537 GRAVELLY LAKE DR SW LAKEWOOD, WA 98499 Phone: (253) 984-2000 Fax: (253) 984-2049	<b><u>Providence Medical Group Immediate Care</u></b> 525 LILLY RD NE OLYMPIA, WA 98506
<b><u>WESTCARE CLINIC INC</u></b> 8725 SOUTH TACOMA WAY LAKEWOOD, WA 98499 Phone: (253) 535-5552 Fax: (253) 535-5684	<b><u>Providence Medical Group Immediate Care</u></b> 500 LILLY RD NE OLYMPIA, WA 98506 Phone: (360) 413-8272
<b><u>CONCENTRA URGENT CARE</u></b> 2624 S 38TH ST TACOMA, WA 98409 Phone: (253) 475-5908 Fax: (253) 475-5958	<b><u>MARY BRIDGE PEDIATRIC PSYCHOLOGY SERVICES</u></b> 3504 12TH AVE NE OLYMPIA, WA 98506 Phone: (253) 252-3845 Fax: (253) 864-3939
<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 1812 S J ST TACOMA, WA 98405 Phone: (253) 428-2200 Fax: (253) 428-2299	<b><u>MARY BRIDGE PEDIATRIC URGENT CARE</u></b> 3504 12TH AVE NE OLYMPIA, WA 98506 Phone: (253) 403-4437 Fax: (253) 403-1235
<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 1149 MARKET ST TACOMA, WA 98402 Phone: (253) 552-5634 Fax: (253) 428-8440	<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 4700 PT FOSDICK DR NW GIG HARBOR, WA 98335 Phone: (253) 853-2050 Fax: (253) 853-2711
<b><u>CONCENTRA URGENT CARE</u></b> 3850 S MERIDIAN PUYALLUP, WA 98373 Phone: (253) 840-1840 Fax: (253) 841-9336	<b><u>MultiCare Indigo Urgent Care</u></b> 4545 POINT FOSDICK DR NW GIG HARBOR, WA 98335 Phone: (253) 530-8011 Fax: (253) 530-8010
<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 15214 CANYON RD E PUYALLUP, WA 98375 Phone: (253) 539-4200 Fax: (253) 539-6025	<b><u>MultiCare Indigo Urgent Care</u></b> 31861 GATEWAY CENTER BLVD S FEDERAL WAY, WA 98003 Phone: (253) 652-7215 Fax: (253) 839-1504
<b><u>PEDIATRIC HEALTH CARE URGENT CARE</u></b> 1420 3RD ST SE PUYALLUP, WA 98372 Phone: (253) 848-7660 Fax: (253) 841-1801	<b><u>WESTCARE CLINIC INC</u></b> 3000 LIMITED LN NW OLYMPIA, WA 98502 Phone: (360) 357-9392 Fax: (360) 426-2787
<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 3556 MARKET PL W UNIVERSITY PLACE, WA 98466	<b><u>FRANCISCAN MEDICAL CLINIC</u></b> 9230 SKY ISLAND DR E BONNEY LAKE, WA 98391 Phone: (253) 750-6000 Fax: (253) 750-6100
<b><u>Prov Express Care Virtual SW WA</u></b> 413 LILLY RD NE OLYMPIA, WA 98506 Phone: (503) 891-6841 Fax: (360) 493-7562	
<b><u>CONCENTRA URGENT CARE</u></b> 3928 PACIFIC AVE SE LACEY, WA 98503 Phone: (360) 455-1350 Fax: (360) 455-5354	

*\* Locations, hours, availability and TRICARE network status can be subject to change, patients are advised to call the potential Urgent Care Centers listed prior to visiting.*



**MADIGAN**  
ARMY MEDICAL CENTER

**MADIGAN.TRICARE.MIL**

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