

## Where can you go for care after office hours?

If you are unsure of where to go for help, call your physician or a health help line.

### Urgent Care locations

These locations are not hospital emergency departments. They have extended evening and weekend hours to provide care on a walk-in basis for conditions that are not life threatening.

#### Kaua'i

For hours of operation, call the clinic directly or visit [www.wilcoxhealth.org](http://www.wilcoxhealth.org).

##### Kaua'i Medical Clinic – Kaua'i Urgent Care

4484 Pahe'e Street  
Līhu'e, HI 96766  
Phone: 808-245-1532

#### O'ahu

For hours of operation, call the clinic directly or visit [www.straubhealth.org](http://www.straubhealth.org).

##### Straub Hawai'i Kai Clinic

*Koko Marina Shopping Center*  
7192 Kalaniana'ole Highway  
Honolulu, HI 96825  
Phone: 808-396-6321

##### Straub Mililani Clinic

*The Town Center of Mililani*  
95-1249 Meheula Parkway  
Mililani, HI 96789  
Phone: 808-625-6444

##### Straub King Street Clinic

*Located within Straub Hospital*  
888 South King Street  
Strode Building, 1st Floor  
Honolulu, HI 96813  
Phone: 808-522-4511

##### Straub Pearlridge Clinic

*(Available in fall 2014)*  
98-151 Pali Momi Street  
'Aiea, HI 96701  
Phone: 808-483-6400

##### Straub Doctors on Call

*Sheraton Princess Kaiulani Hotel*  
120 Kaiulani Avenue, Lobby Level  
Honolulu, HI 96815  
Phone: 808-971-6000

*\*Moving to the Sheraton Waikiki in fall 2014*

## Hospital Emergency Departments

#### Kaua'i

**Wilcox Memorial Hospital**  
3-3420 Kūhiō Highway  
Līhu'e, Hawai'i 96766-1099  
Phone: 808-245-1100

#### O'ahu

**Kapi'olani Medical Center for Women & Children**  
1319 Punahou Street  
Honolulu, HI 96826  
Phone: 808-983-6000

#### Pali Momi Medical Center

98-1079 Moanalua Road  
Aiea, HI 96701  
Phone: 808-486-6000

#### Straub Clinic & Hospital

888 South King Street  
Located within Straub Hospital  
Honolulu, HI 96813  
Phone: 808-522-4000

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### Need help finding a primary care physician?

**587-5808 or toll free 1-855-587-5808**

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*Making the best choice for  
your health care needs*

## Is it the Doctor's Office, Urgent Care Clinic or Hospital Emergency Department?



## Your Doctor's Office

***You should always call your primary care physician (PCP) first when you have a medical problem unless it is severe or life-threatening.***

A PCP is the doctor you see consistently to manage your overall health care needs. It is the best place to get your care for common illnesses, chronic problems, minor injuries and routine health exams. Your PCP will help coordinate your care and monitor your health.



### **Go to your primary care physician if you have:**

- Common illnesses such as colds, flu, earaches, sore throats, migraines, fever, rashes, urinary tract infections, depression, dizziness or headaches
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries
- Regular physicals, prescription refills, vaccinations and screenings
- A health issue where you need advice

Hours of operation are during regular business hours, and may include evening or weekend hours.

### **If your primary care physician is not available:**

When you are sick or injured and your primary care physician is not available, you may wonder whether you should go to a hospital emergency department or an urgent care clinic. The following information explains the differences between the two and will help you decide.

## Urgent Care Clinic

When your doctor is not available, go to urgent care or urgent access clinics. They are effective for treating short term medical problems that are not life-threatening or problems that can become worse if you wait.

Urgent care clinics:

- Focus on diagnosing and treating conditions that aren't life-threatening yet need to be taken care of right away
- Offer quality care on a walk-in basis
- Have extended evening and weekend hours
- Typically have radiology and laboratory services available

### **If your primary care physician is not available, go to an urgent care clinic if you have:**

- Common illnesses
- Colds or flu
- Earaches
- Eye infections
- Fevers and flu
- Headaches
- Minor injuries, lacerations and bruises
- Moderate back problems
- Sinus infection
- Skin rashes and infections
- Sore throat and cough
- Sprains and strains
- Stomach ailments
- Urinary tract infections
- Most other minor injuries and illnesses that are not life-threatening



### **\*\*Finding a primary care physician**

If you don't currently have a primary care physician or you're looking for a new doctor, our primary care physicians are accepting new patients at all of our convenient locations. Call 587-5808 or toll free 1-855-587-5808 and we will connect you to a primary care physician located near you.

## Hospital Emergency Department

A hospital emergency department treats patients in the emergency room with very serious or life-threatening problems. Hospital emergency departments are not the place to go for common illnesses or minor injuries.

Emergency departments:

- Treat severe and life-threatening conditions
- Have specially trained doctors, paramedics, nurses and other support staff that can recognize, diagnose and make recommendations on a wide variety of medical issues
- Are open 24-hours a day, seven days a week, 365 days a year

### **Go to the nearest hospital emergency department if you have:**

- Chest pain
- Sudden or severe pain in other areas
- Abdominal pain
- Coughing or vomiting blood
- Deep cuts or bleeding that won't stop
- Difficulty breathing
- Sudden blurred vision
- Sudden dizziness, weakness or loss of coordination or balance
- Signs of stroke – numbness in face, arm or leg
- Severe bleeding
- Sudden severe headache
- Seizures
- High fevers
- A head injury
- Other major trauma or injury
- Any other condition you believe is life-threatening

