

# Before You Wait: Is the Emergency Department the Right Place?

Our emergency department's first priority is to provide life-saving care. This may cause delays for those whose conditions are not life-threatening. The following may help you decide where you may receive the best and most timely care. **Please note: This is not meant to be an exhaustive list. If you are unsure of whether your condition is life-threatening, please head to the emergency department.**

## Emergency Department

- Heart attacks/strokes
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Severe breathing difficulties/shortness of breath
- Sudden dizziness, weakness, changes in vision
- Severe or persistent vomiting/diarrhea
- Changes in mental status/confusion
- Open fractures

VS.

## Your doctor, Urgent Care, or Walk-In Clinic

- Fever or flu symptoms (cold, sore throat, cough)
- Sprains, broken bones, fractures
- Mild asthma/breathing difficulties
- Abdominal pain
- Cuts (minimal blood, but require stitches, suturing, or staples)
- Ear infections
- Vomiting, diarrhea or dehydration
- Animal bites
- Urinary tract infections
- Bronchitis
- Burns or chemical exposure
- Infected wounds

## Non-Emergency Care Sites:

If you do not have a life-threatening emergency, more timely care may be available elsewhere:

Kaweah Delta Urgent Care  
1633 S. Court St., Visalia  
559-624-6090  
**Hours:** 8 a.m. - 10 p.m. daily



**Kaweah Delta  
Urgent Care**

*A division of Kaweah Delta Health Care District*

## Insurances Accepted

**Not an exclusive list. Questions about whether your insurance is accepted? Call 559-624-6090.**

AARP  
Aetna  
Blue Cross Medi-Cal EHS  
Blue Cross Medi-Cal La Salle  
Blue Cross Out-of-State  
Blue Cross PPO  
Blue Cross Self Insured Schools of California (SISC) III  
Blue Shield HMO  
Blue Shield Key Medical Group HMO  
Blue Shield PPO

Cigna  
Foundation for Medical Care Tulare & Kings Counties  
Full Scope Medi-Cal  
Health Net Medi-Cal La Salle  
HUMANA  
Medicare  
MUTUAL OF OMAHA  
Self-Pay  
Tricare  
United Health Care

## Insurances Not Accepted

Blue Cross Medi-Cal/Independence Medical Group  
Emergency Only/Pregnancy Medi-Cal  
Health Net Medi-Cal/Independence Medical Group

Kaiser Without Secondary Insurance  
Medicaid Out-of-State  
Tulare County Medical Service

# Sequoia Prompt Care

1110 S. Ben Maddox Way, Visalia  
559-624-5800

**Hours:**

Weekdays: 9 a.m. - 7 p.m.  
Weekends: 10 a.m. - 5 p.m.

820 S. Akers St. #100, Visalia  
559-624-5800

**Hours:**

Weekdays: 9 a.m. - 7 p.m.  
Weekends: 9 a.m. - 2 p.m.

# SEQUOIA Prompt Care

A DIVISION OF KAWEAH DELTA HEALTH CARE DISTRICT

## Insurances Accepted

**Not an exclusive list. Questions about whether your insurance is accepted? Call 559-624-5800.**

AARP	Cigna
Aetna	Foundation for Medical Care of Tulare and Kings Counties
Blue Cross HMO	HUMANA
Blue Cross PPO	Medicare
Blue Cross Out of State	MUTUAL OF OMAHA
Blue Cross Self Insured Schools of California (SISC) III	Most Workman's Comp Insurances
Blue Shield Key Med Group HMO	Self-Pay
Blue Shield HMO	Tricare
Blue Shield PPO	United Health Care

## Insurances Not Accepted

Kaiser Without Secondary Insurance	Medi-Cal/Managed Medi-Cal programs
Medicaid Out of State	Tulare County Medical Service

## Visalia Medical Clinic's Quickcare

5400 W. Hillsdale Ave., Visalia  
559-738-7555

**Hours:**

Weekdays: 8 a.m. - 8 p.m.,  
Saturdays: 8 a.m. - 5 p.m.  
Sundays: 9 a.m. - 2 p.m.



QuickCare

**Visalia Medical Clinic**

## Insurances Accepted

AARP & AARP Complete  
Aetna  
Blue Cross  
Blue Shield  
Cigna  
First Health  
Foundation for Medical Care of Tulare and Kings Counties  
Key Medical Insurance Plans  
HUMANA  
HealthNet  
Medicare  
United Health Care

## Insurances Not Accepted

Blue Shield Covered California  
Champ VA or Champus  
HMO Plans With Outside Primary Care Physicians Without Referrals (Except Key Medical Group Plans)  
Medi-Cal/HMO plan (Lasalle, Independence Medical Group, etc.)  
Private Healthcare Systems (PHCS) or Multiplan  
Tricare When Medicare Is Primary