



# How to Access Care at Core Physicians



## Emergency Care

**If you are experiencing symptoms that could endanger your life, call 911 immediately.**

Please **go to the hospital for emergency medical care** for conditions such as:

- Compound fracture, which involves a bone protruding through the skin
- Convulsions, seizures, or loss of consciousness
- Deep knife wounds or gunshot wounds
- Fever in a newborn less than 3 months old
- Heavy, uncontrollable bleeding
- Moderate to severe burns
- Poisoning
- Pregnancy-related problems
- Serious head, neck, or back injury
- Severe abdominal pain
- Severe chest pain or difficulty breathing
- Heart attack symptoms, such as chest pain that lasts longer than two minutes
- Stroke symptoms: vision loss, sudden numbness, weakness, slurred speech, or confusion
- Suicidal or homicidal feelings

## Mental Health Care

Your mental health is just as important as your physical health. If you are feeling sad, overwhelmed, or anxious, or you are struggling with substance use, you may not know where to turn for help. Your primary care provider can help you get the support you need. Additional resources include:

- **Community Mental Health Centers**
- **NHCarePath** connects you to mental health supports and services across New Hampshire
- **Alcohol and Drug treatment locations**
- **National Suicide Prevention Lifeline** – 800-273-TALK (8255)

## Existing Patients of Core Primary Care

Your primary care provider and care team are here to help you manage your chronic medical conditions as well as **urgent medical needs** that come up. **Call our Triage line: 603-775-0000.**

Examples of **urgent medical needs** include:

- Accidents and falls
- Cuts that don't have much blood but might need stitches
- Mild breathing difficulties, such as mild to moderate asthma
- Diagnostic services, including X-rays and laboratory tests
- Eye irritation and redness
- Fever or flu
- Minor broken bones and fractures in fingers or toes
- Moderate back problems
- Severe sore throat or cough
- Skin rashes and infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or dehydration

**Office hours:** Monday – Friday: 8:00am – 5:00pm

**Urgent care hours:** Friday: 5:30pm-8pm, Saturday: 9am-2pm, Sunday: 9am-1pm

After hours, a registered nurse is available by phone to answer questions and provide advice.

## Same Day Orthopedic Appointments

Same day Core Orthopedic appointments are available by calling **603-777-1000** or book an online appointment in your **patient portal**.

**Appointments are available in Exeter:**

Monday – Thursday: 7:00am – 7:00pm

Friday: 7:00am – 5:00pm

Saturday: 8:00am – 12:00pm

Orthopedic appointments are also available at our **Plaistow** location.

## Not Yet a Core Primary Care Patient?

To find a physician and schedule an appointment at one of our **Family Practice or Internal Medicine** offices, call our New Patient Welcome Line: **603-580-7700**. To find a **pediatrician**, please call the location most convenient for you:

**Epping:** 603-693-2100

**Exeter:** 603-772-8900

**Stratham:** 603-658-1823

**Plaistow:** 603-257-4000