

In Case of Urgency



Many sicknesses and injuries may cause you to seek immediate help, however, not every case is serious enough to call for a trip to the Emergency Room (ER).

If you want to avoid long wait times, high copayments and do not have a debilitating or life-threatening injury, consider calling CHP's Urgent Care Center.

The Urgent Care Center is quicker and costs less than the ER (which can be four to five times more expensive!).

The Urgent Care Center, by comparison, is often less hectic and more convenient. The Urgent Care Center is staffed by physicians, physician assistants, nurse practitioners and nurses.

Types of medical conditions that might be treated at the Urgent Care Center include:



Upper respiratory infections such as colds, ear infections and sore throats.

Minor, but acute cases, which include high fever, nausea and vomiting.

Minor trauma

including ankle sprains, cuts, bronchitis and urinary tract infections.



Urgent Care is a great alternative when your primary care provider is not available.

Urgent Care does not provide routine care to monitor chronic problems.

Urgent Care Center Staff

Mary E. Cabrera, M.D.

Board Certified in Family Practice
Medical School: University of Miami
Residency: Duke University

Russell Collins, M.D.

Board Certified in Family Practice
Medical School:
University of de Bordeaux II, France
Residency: Medical College of Georgia

Henry Gunter, M.D.

Board Certified in Family Practice
Medical School: University of Miami
Residency: Tallahassee Memorial

Krista Rankin, M.D.

Board Certified in Family Practice
Medical School:
University of California
Residency: David Grant Medical Facility
at Travis Air Force Base

Anthony James, P.A.

Physician Assistant

Nancy Miller, P.A.

Physician Assistant

Sandy Skidell, P.A.

Physician Assistant

Steve Tomicich

Nurse Practitioner

The Urgent Care Center is open

Monday through Friday
11 a.m. to 10 p.m.

Weekends
9 a.m. to 8 p.m.

Holiday Hours May Vary.



**Call the Urgent Care Center
at (850) 383-3382 for an
appointment
before
coming in.**



*Calling is
necessary to
reduce the time
you wait.*

**The Urgent
Care Center
is not a
Walk-In
Clinic.**



Capital Health
P L A N



An Independent Licensee of the
Blue Cross and Blue Shield Association

Urgent Care Center

2140 Centerville Road
(across from the U.S. Post Office)
Tallahassee, FL 32308
850-383-3382

www.capitalhealth.com

P.O. BOX 15349 • Tallahassee, Florida 32317-5349 • 850-383-3311
NOTE: This brochure is intended to highlight the Plan and does not constitute a contract. The precise benefit will be controlled by the contract and not by this brochure. Services described will be provided at one of CHP's primary care physician locations or in other designated facilities authorized by a CHP physician.

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Center**

