Convenient Care

When your primary care physician is not available and you need help for a problem that is not an emergency.

For example:
- Symptoms of cold or flu
- Sore throat
- Mild asthma
- Urinary tract infections
- Ear infections
- Simple cuts and burns
- Pink eye
- Immunizations
- Sprains
- You already know the diagnosis but are unable to get a same-day appointment
- Non life- or limb-threatening conditions that require immediate care
- Rash without fever
- Broken bones of the wrist, hand, ankle or foot that have no obvious need to reset and have not broken the skin

Emergency Care

In case of any serious illness or injury.

For example:
- Chest discomfort/chest pain
- Shortness of breath
- Seizures
- Symptoms of stroke
- Severe bleeding or large open wound
- Broken bones/bones that have broken through the skin/dislocated joints
- Poisoning
- Severe Asthma
- Deep cuts that need stitches (especially on the face)
- Head or eye injuries
- Severe flu or cold symptoms
- Sudden change in mental state
- High fevers
- Fevers in infants
- Loss of consciousness
- Vaginal bleeding with pregnancy
- Repeated vomiting
- Serious burns

How to decide where to go:

FirstHealth Convenient Care locations

ROCKINGHAM
921 Long Drive, Suite 104
Rockingham, NC 28379
(Located next to Richmond Memorial Hospital)
Monday - Sunday
10 a.m. - 7 p.m.
(910) 417-4100

WHISPERING PINES
7473-C Hwy 22
Whispering Pines, NC 28327
(Located in the Food Lion Shopping Center)
Monday - Sunday
8 a.m. - 8 p.m.
(910) 215-5100

FirstHealth Convenient Care is closed the following holidays:
- New Year’s Day, Easter Sunday, July 4th, Thanksgiving Day, Christmas Eve (4 p.m.) & Christmas Day

FirstHealth Convenient Care accepts the following insurance and contracted managed care plans:
- FirstCarolinaCare, FirstMedicareDirect, Medicare, Medicaid, BCBS, Tricare, United HealthCare, Cigna, Aetna, Medicare Advantage, Medicare Supplement plans and most commercial carriers.

When should you call 9-1-1?

 Signs of stroke: numbness, slurred speech, weakness on one side of face
 Symptoms of heart attack: chest pain, sudden weakness, pain in the left arm or jaw
 Short of breath or difficulty breathing
 Life- or limb-threatening injury