


Where To Go For Care

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| <p> SPORTS MEDICINE</p> <p>Talk to your athletic trainer about making an appointment with your UH Team Physician at a location close to home.</p> | <ul style="list-style-type: none"> • Common sports injuries, including hip, knee, shoulder, hand, wrist and foot injuries • Sprains | <ul style="list-style-type: none"> • Strains • Dislocations • Stress Fractures • Fractures | <ul style="list-style-type: none"> • Exercise-induced asthma • Concussions • Nutrition • Sports Psychology |
| <p> PRIMARY CARE</p> <p>In-office visits for preventive health care and chronic conditions.</p> <p><i>Regular business hours</i></p> | <ul style="list-style-type: none"> • Adult/pediatric care • Annual physicals • Continuum of care • Holistic approach to care | <ul style="list-style-type: none"> • Medication refills, shots and vaccinations • Overall wellness • Point person for your health | <ul style="list-style-type: none"> • Prevention of illness • Routine health screenings and tests |
| <p> VIRTUAL VISIT</p> <p>Online or mobile consultation when your doctor is unavailable.</p> <p><i>365 days a year</i></p> | <ul style="list-style-type: none"> • Allergies, except severe reactions • Coughs, colds and sore throats • Ear infections | <ul style="list-style-type: none"> • Fever and flu-like symptoms • Migraines • Minor rashes | <ul style="list-style-type: none"> • Skin irritations • Sinus infections • Urinary tract infections (UTI) |
| <p> CONVENIENT CARE</p> <p>Convenient, walk-in care for common health issues.</p> <p><i>Walk-in care, 6 days a week</i></p> | <ul style="list-style-type: none"> • Allergies, except severe reactions • Bruises • Coughs, colds and sore throats • Ear infections | <ul style="list-style-type: none"> • Fever and flu-like symptoms • Migraines • Minor burns and rashes | <ul style="list-style-type: none"> • Pink eye • Skin irritations • Sinus infections • Urinary tract infections (UTI) |
| <p> URGENT CARE</p> <p>Same-day care for non life-threatening injuries or illnesses.</p> <p><i>Walk-in care, 7 days a week</i></p> | <p>All convenient care symptoms plus:</p> <ul style="list-style-type: none"> • Bee stings and insect bites | <ul style="list-style-type: none"> • Cuts • Poison ivy • Sports injuries | <ul style="list-style-type: none"> • Sprains, strains and deep bruises • Suspected broken bones • Work-related injuries |
| <p> EMERGENCY ROOM</p> <p>Call 9-1-1 if you need immediate medical attention for a severe or life-threatening condition.</p> <p><i>Open 24/7, 365 days a year</i></p> | <ul style="list-style-type: none"> • Abdominal pain • Change in vision • Chest pain or heart attack symptoms | <ul style="list-style-type: none"> • Difficulty breathing • Head trauma • Poisoning • Severe burns | <ul style="list-style-type: none"> • Signs of a stroke (dizziness, weakness, loss of coordination) • Uncontrolled bleeding |



SPORTS MEDICINE PLAYBOOK CLEVELAND HEIGHTS

“University Hospitals Sports Medicine is a leader locally and nationally on the care of the athlete. Our sports medicine program has been developed to change the way we care for athletes to prevent injury and improve performance.”
– James E. Voos, MD, Head Physician, Cleveland Browns



Wherever you are,
we are. Play on, CLE.

Know Where To Go In Your Neighborhood

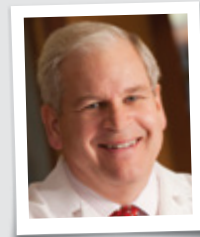
With UH Sports Medicine as the official health care provider for your school, you will benefit from our multifaceted sports medicine approach, direct access to our team and convenient primary care, emergency room and urgent care locations throughout our health system.

UH SPORTS MEDICINE

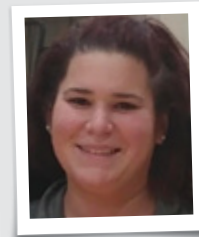
UH Ahuja Medical Center
Kathy Risman Pavilion
3999 Richmond Road, Suite 200
Beachwood, Ohio 44122

216-983-PLAY (7529)

Team Physician
Donald Goodfellow, MD



Athletic Trainer
Bethany Avramaut, ATC




UH PRIMARY CARE Cleveland

Carla Harwell, MD
8819 Quincy Avenue, Suite 200
216-721-2177

**UH Department of Family
Medicine and Community Health**
11100 Euclid Avenue
Bolwell Suite 1200
216-844-3944

UH Medical Access Clinic
11100 Euclid Avenue
Bolwell B200
216-844-3122


UH Department of Medicine
11100 Euclid Avenue
216-844-8500

**UH Rainbow Center for Women
& Children Pediatric Practice** 
5805 Euclid Avenue
216-844-3971


Cleveland Heights
**UH Rainbow
Heights Pediatrics** 
5 Severance Circle, Suite 510
216-553-5050

Shaker Heights
**UH Rainbow
Suburban Pediatrics** 
20220 Farnsleigh Road
216-991-4180

South Euclid
**UH Department of Family
Medicine and Community Health**
UH University Suburban Health Center
1611 South Green Road, Suite 063
216-297-2081

**UH Green Road
Cleveland Physicians** 
UH University Suburban Health Center
1611 South Green Road, Suite 160
216-297-2084

UH Green Road Primary Care
UH University Suburban Health Center
1611 South Green Road, Suite 065
216-553-5055

**UH University Suburban
Health Center Physicians** 
UH University Suburban Health Center
1611 South Green Road, Suite 260
216-297-2084

 **UH VIRTUAL VISIT**
UHhospitals.org/VirtualVisit

24/7, 365 days a year



UH CONVENIENT CARE

UH Mentor Health Center
9000 Mentor Avenue
Mentor, Ohio 44060

UH URGENT CARE

**UH Chagrin Highlands
Health Center**
3909 Orange Place, Suite 2100
Beachwood, Ohio 44122

UH EMERGENCY ROOM

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Ohio 44122

UH Bedford Medical Center
44 Blaine Avenue
Bedford, Ohio 44146

UH Cleveland Medical Center
11100 Euclid Avenue
Cleveland, Ohio 44106

**Marcy R. Horvitz Pediatric
Emergency Center**
11100 Euclid Avenue
Cleveland, Ohio 44106

UH Richmond Medical Center
27100 Chardon Road
Cleveland, Ohio 44143