Tips for Accessing Healthcare

**UHS Hours of Operation:**
8 am-5 pm, Monday-Friday
For the most up-to-date hours of operation, go to healthyhorns.utexas.edu

**UHS Nurse Advice Line, 512-475-6877:**
Call for guidance about whether and how soon you need to see a healthcare provider or for information on how to care for an illness or injury at home. Advice Line nurses can refer you to urgent care facilities, if you need them, when UHS is closed.

**Routine or General Care**
Examples:
- vaccines
- routine physical exams or “check-ups”
- well woman exams
- symptoms that have existed for a while and/or aren’t significant enough to cause you to feel “sick” (e.g. back or joint pain, skin lesions, fatigue, trouble sleeping, etc.)

**Non-Emergency Illnesses or Injuries**
Examples:
- fever
- vomiting or diarrhea
- stomach pain
- rashes
- painful urination
- cough and/or sore throat
- congested or runny nose
- sinus pain
- irritated eyes
- headache
- recent, non-severe injuries such as cuts needing stitches, suspected broken bones, or muscle strains or sprains

**When UHS is open:**
- Call UHS to schedule an appointment at 512-471-4955, or
- Schedule an appointment online by clicking MyUHS at healthyhorns.utexas.edu.

**When UHS is closed:**
- Go to MyUHS at healthyhorns.utexas.edu and schedule an appointment.

**Emergencies**
Examples:
- severe or potentially life-threatening symptoms or injuries
- significant difficulty breathing
- sudden vision changes
- sudden, severe pain
- trouble speaking or moving
- changes in mental status

**Call 911** if you need to be transported quickly and do not have transportation or if you are unable to drive or ride safely to an emergency room.

Stay connected online with University Health Services at healthyhorns.utexas.edu and Healthyhorns