

# Know where to go

Not sure where to go when you're sick and you can't get an appointment with your doctor? You have options – review them now so you can make the best choice when you need medical care.

## ONLINE VISITS



MESSA and Blue Cross Online Visits have partnered to provide convenient, affordable care for minor, nonemergency illnesses and therapy sessions.

- Mental health visits and counseling
- Sinus or respiratory infection
- Cold or flu
- Seasonal allergies
- Urinary tract infection
- Eye irritation or redness
- Strains and sprains
- Pink eye
- Rash
- Skin wound

Go to [messa.org/messaonlinevisits](https://messa.org/messaonlinevisits).

## URGENT CARE



Handles problems that need immediate attention but aren't life-threatening or emergencies.

Average cost per visit: \$120

- Stitches
- Back pain
- Mild asthma symptoms
- Strains and sprains
- Nausea, vomiting, diarrhea
- Bumps, cuts, scrapes
- Cough, sore throat
- Ear or sinus pain
- Eye swelling, irritation
- Insect/animal bites
- Allergies

## ER



Provides fast, life-or-limb-saving care.

**If in doubt, call 911 or go to the closest ER.**

Average cost per visit: \$1,413

- Sudden or unexplained loss of consciousness
- Persistent chest pain
- Signs of a stroke
- Severe shortness of breath
- High fever
- Coughing up or vomiting blood
- Cut or wound that won't stop bleeding
- Broken bone or dislocated joint
- Severe pain, particularly in abdomen
- Serious burns
- Head trauma

### *About MESSA coverage*

All medical services are subject to the terms of your MESSA plan, including deductibles and applicable copayments or coinsurance.

If you have questions about your coverage, call MESSA's Member Service Center at 800.336.0013.

