



**Emergency Room (ER)**

Only go to the ER if you have a life-threatening injury or illness. You have other options that may have a shorter wait time.

**Go to the ER for:** Chest pains or heart attack symptoms | Bleeding that won't stop | Labor pains or other bleeding (if pregnant) | Shock symptoms (sweat, dizziness, pale skin) | Drug overdose | Ingested poison | Bad burns | Convulsions or seizures | Trouble breathing | The sudden inability to see, move or speak | Gun or knife wounds | Broken bones



**Primary Medical Provider (PMP)**

Your PMP is your main provider. Call the office to schedule a visit if you don't need medical care right away.

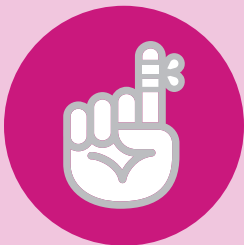
**See for:**  
 Vaccinations | Annual wellness exam | Help with colds, flus and fevers | Ongoing health issues like asthma or diabetes



**Free 24/7 Nurse Advice Line**

Medical professionals can answer your health questions, give advice and help set up doctor appointments.

**Call for:**  
 Help for a sick child | Help knowing if you should go to the ER | Health questions  
 1-877-647-4848  
 (TTY/TDD: 1-800-743-3333)



**In-Network Urgent Care Center**

Go to a nearby urgent care center if your illness or injury isn't life-threatening and your PMP's office is closed.

**Go here for:**  
 Flu symptoms with vomiting | Ear infections  
 High fevers | Sprains  
[mhsindiana.com/find-a-doctor](http://mhsindiana.com/find-a-doctor)



**Telehealth**

Easy, 24-hour access to in-network providers for non-emergency health issues. Talk to a doctor by phone or video at no cost to you. Get medical advice, a diagnosis or a prescription from home.

**Use for:**  
 Colds, flu, fevers | Rash, skin conditions | Sinuses, allergies | Ear infections | Pink eye  
[Teladoc.com/mhsindiana](http://Teladoc.com/mhsindiana)