

MT. SAC MEDICAL FLOW CHART

WHERE TO GO?

MT. SAC HEALTH CENTER

- Available to all Mt. SAC students enrolled in credit courses
- Services for minor, non-serious injuries or pain
- First aid, over-the-counter medication, and contraception
- Short-term mental health counseling
- Assistance with referrals and using your medical insurance
- Vaccines available. May be subject to payment with possible reimbursement by insurance

PRIMARY CARE & MEDICAL SPECIALISTS

- Routine check-ups and examinations
- General non-urgent/non-emergency care
- Non-severe medical concerns

URGENT CARE:

Injury/condition that requires urgent attention, but not severe nor life-threatening

Examples:

Cold
Flu
Fever
Sore Throat
Muscle or ligament strains

EMERGENCY CARE:

Severe injury or pain that requires immediate attention

Examples:

Broken bones
Poisoning
Severe allergic reactions
Severe bleeding
Severe chest pain
Loss of consciousness

MENTAL HEALTH & WELL BEING (LIFEWORKS)

- Mental health and wellness services
- 24/7 support with the My SSP app, telephone, or the web
- Available with your LowerMark plan at no additional cost