

EMERGENCY & URGENT CARE



URGENT CARE

An urgent health problem is an illness or injury that will not cause disability or death if it is not treated quickly. An urgent health problem still needs fast medical care to keep it from getting worse.

You should call your doctor if you have an urgent health problem. You should only use an urgent care center if you cannot go to your doctor.

Examples of urgent health problems are:

- Sore throat
- Allergic reactions (non-life threatening)
- Fever higher than 100 degrees.
- Low-grade fevers do not need medical care
- Minor burns or injuries
- Flu or cold symptoms
- Deep cuts or burns
- Sprains
- Ear infection
- Severe or widespread skin rash

Call your doctor for non-emergency problems. You can also call Meridian at 888-437-0606. We can be reached Monday – Friday from 8 a.m. to 8 p.m.

EMERGENCY CARE

A medical emergency is when a person is hurt very badly or could die if not seen right away.

Some examples of medical emergencies are:

- Heart attack, chest pain or stroke
- Knife or gunshot wounds
- Convulsions
- Changes in mental status such as confusion and hallucinations
- Severe breathing problems
- Broken bones
- Severe burns
- Throwing up or coughing up blood
- Unconsciousness or no pulse
- Severe bleeding
- Sudden or severe pain

Go to the nearest ER if you have a medical emergency. Do not try to drive yourself to the hospital. Call 911 if no one else can drive you.

Call the nearest ambulance provider to help you if there is no 911 service near you.

Call your doctor if you have any questions about going to the ER. Your doctor is on-call 24 hours a day, 7 days a week. Call the Meridian after-hours doctor at 888-437-0606 if your doctor does not call you back.

You can get emergency care any place. It does not matter if you get emergency care in-network or out-of-network.

Call your doctor within 24 hours after you go to the ER. Your doctor will make sure you get the follow-up care you need. Ask a friend or family member to call if you are not able to. You can also call us at 888-437-0606. We can help you get in touch with your doctor.

