

# 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