

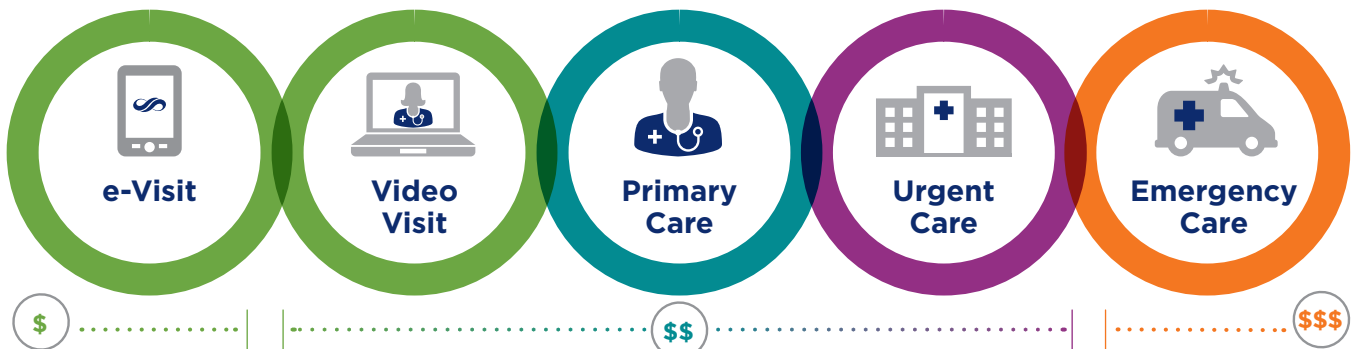
# Find the Right Care

For Your Needs

Knowing your care options before you need them saves you time and money.

## ■ SSM Health Express Virtual Care

SSM Health Express Virtual Care offers two convenient and affordable options for patients to access non-emergent care via smart phone or computer without scheduling an appointment. These services are available to everyone, whether or not they are an established SSM Health patient.



### Too sick to drive to the doctor?

Fill out an online questionnaire, receive a written diagnosis, treatment, and a prescription.

**Cold/flu, allergies, lice, etc.**

### Prefer a face-to-face conversation?

Start a video visit and quickly connect with a SSM Health provider. No appointment necessary.

**Abnormal headaches, earaches, chronic conditions, etc.**

### Wish to see your doctor for care?

Schedule an appointment at your primary care clinic. Same-day appointments are usually available.

**In-person treatments and annual checkups.**

### Primary care clinic full or closed?

Visit your nearest Urgent Care facility.

**When your normal clinic is full or closed.**

### Life-threatening illness or injury?

Go to the nearest emergency room or call 911.

**Heart attack, stroke, head injury, severe pain.**

**Still not sure of the type of care you need?**

**Call the 24-Hour Nurse Advice Line at 833-925-0398.**

A nurse is ready to help 24/7/365.

*All care subject to copay and deductible if filed with insurance.*

**We are here to help**  
Visit [deancare.com/rightcare](https://deancare.com/rightcare)  
or scan this QR code to start your visit



 **Dean Health Plan**  
A member of SSM Health