HEALTH INSURANCE 101: INTERNATIONAL STUDENTS AND SCHOLARS

IS THIS AN EMERGENCY?

Not every medical situation requires a visit to the hospital emergency room. Going to an urgent care facility or waiting until the next day to see the doctor often will take care of the problem.

If you are unsure, call the Olin 24-hour Nurseline (517) 353-5557

Examples of what to use Olin Student Health Center or Urgent Care for

- Minor cuts where bleeding is controlled
- Colds, cough, sore throat or flu
- Fever; however if there is a convulsion or extreme fever in a child, do go to the emergency room.
- Sprains
- Sunburns or minor burns from cooking
- Skin rashes
- Minor dog or animal bites where bleeding is controlled (see doctor immediately because a rabies shot may be required)
- Insect stings or delayed swelling from a sting; however if there is breathing difficulty go to the emergency room
- Earaches
- Sexually transmitted diseases

Examples of what you go to the emergency room for

- Loss of consciousness
- Signs of a heart attack that last 2 minutes or longer, (chest pain, or chest pain radiating into the left arm)
- Signs of a stroke, which include sudden onset of numbness in any extremity and elevated blood pressure
- A major injury such as a head injury
- Bleeding that does not stop after 10 minutes of direct pressure
- Sudden severe pain
- Severe shortness of breath
- A severe or worsening reaction to an insect bite or sting, or to a medication, especially if breathing is affected
- Unexpected stupor, drowsiness or disorientation
- Poisoning
- Coughing up or vomiting blood
- Suicidal or homicidal feelings
- Anything else you reasonably believe may be an emergency

HOW TO USE YOUR BLUE CARE NETWORK HEALTH INSURANCE

Q. Where should I go when I am sick or hurt?
A. It depends on what kind of problem you have. See back for examples.

<table>
<thead>
<tr>
<th>Normal sickness or minor emergency</th>
<th>Minor emergency if Olin is closed</th>
<th>Major emergency</th>
<th>Life-threatening emergency</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Go to Olin Health Center first</td>
<td>• Go to Urgent Care Centers (see back) - Sparrow Fast Care - Sparrow Urgent Care</td>
<td>• Go to Emergency room - Sparrow Hospital - McLaren Greater Lansing</td>
<td>• Dial 911 on any phone • An ambulance will be sent to your location</td>
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<tr>
<td>• Open: M, W, &amp; F: 8am-5pm; Tu &amp; Th: 8:30am-5pm;</td>
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Not sure what kind of problem you have? Call the Olin 24-hour Nurseline at (517) 353-5557

- Normal sickness or minor emergency
  - Call Olin Health Center to schedule an appointment. (517) 353-4660
  - Open M, W, & F: 8am-5pm; Tu & Th: 8:30am-5pm;
  - Summer & break hours: Mon-Fri 8am-5pm
  - If Olin is unable to provide treatment, they will refer you to a health care provider who belongs to the Blue Care Network.
  - For more information, please visit www.olin.msu.edu.
- Minor emergency if Olin is closed (see map inside)
  - Sparrow Urgent Care Open daily 8am-8pm 2682 E. Grand River, East Lansing, MI 48823 (517) 333-6562
  - Sparrow FastCare Frandor M-F 8am-8pm, Sat, Sun & Holidays 9am-6pm except Christmas 716 N. Clippert St, Lansing, MI 48912 (517) 253-4000
  - Sparrow FastCare Okemos Meijer M-F 8am-8pm, Sat, Sun, & Holidays 9am-6pm except Christmas 2055 W Grand River Ave, Okemos MI 48864 (517) 253-4009
- Major Emergency or If your symptoms do not improve after Urgent Care/Olin visits
  - Go to an emergency room in the Greater Lansing area:
    - Sparrow Hospital 1215 E. Michigan Ave, Lansing, MI 48912
    - McLaren Greater Lansing 401 W. Greenlawn, Lansing, MI 48910
- Life-threatening emergency: Dial 911! An ambulance will be sent to your location.

HEALTH INSURANCE 101: INTERNATIONAL STUDENTS AND SCHOLARS
Local Health Facilities - Where to go if you are sick or injured

On-Campus Health Facilities
- MSU Olin Health Center
  - Fall & Spring Semester: M, W, & F: 8am-5pm; Tu & Th: 8:30am-5pm; Sat & Sun - Closed
  - Summer Semester, Open Mon-Fri 8am-5pm; Sat & Sun - Closed
  - Pharmacy - Currently Closed
  - Closed on MSU holidays, Appointment: (517) 353-4660
  - www.olin.msu.edu
  - 1, 19, 20, 24, 26, 33

- Neighborhood clinics (Closed Summer semester, Winter & Spring Breaks)
  - 127 South Hubbard Hall - East Neighborhood
    - Closed Until Further Notice
  - G-17 Holden Hall - South Neighborhood
    - M - F 8am-5pm; Sat & Sun - Closed
  - W-9 McDonel Hall - River Trail Neighborhood
    - M - F 8am-5pm; Sat & Sun - Closed
  - 148 Brody Hall - Brody Neighborhood
    - Closed Until Further Notice

Hospital Emergency Rooms (Open 24 hours)
- Sparrow Hospital Emergency Room
  - (3.5 miles from Olin Health Center)
  - 1215 East Michigan Ave. Lansing, MI 48912
  - (517) 364-4149

- McLaren Greater Lansing Emergency Room
  - (6 miles from Olin Health Center)
  - 401 West Greenlawn, Lansing, MI 48910
  - (517) 975-7500

Transportation
- Courtesy Van: Available to all students within a one-mile radius of the University. To reserve a ride: (517) 353-4700
- Cabs:
  - DD’s Downtown Taxi: (517) 252-4498
  - S-Cab: (517) 374-5500
  - Big-Daddy: (517) 367-7474

For questions about Blue Care Network, please contact the MSU Human Resources Solutions Center via SolutionsCenter@hr.msu.edu or (517) 353-4434 or visit Suite 110 Nisbet Building, 1407 S. Harrison Rd. East Lansing MI

For a complete list of in-network providers for Blue Care Network, visit www.tinyurl.com/BCNMSU. Click “Your Plan”, choose “Employer Group Plans” and scroll down to “Michigan State University”

For health care education and advising, contact OISS: ihealth@msu.edu or www.oiss.msu.edu/health

**Urgent Care Centers**

- Sparrow FastCare Frandor (2.1 miles from Olin Health Center), M-F 8am-8pm; Sat, Sun & Holidays 9am-6pm except Christmas, (517) 253-4000, 716 N. Clippert St Lansing, MI 48912

- Sparrow Urgent Care (1.6 miles from Olin Health Center), Open daily 8am-8pm (517) 333-6562
  - 2682 E. Grand River Ave. East Lansing, MI 48823

- Sparrow FastCare Okemos Meijer (3 miles from Olin Health Center), M-F 8am-8pm, Sat, Sun, & Holidays 9am-6pm except Christmas, (517) 253-4009, 2055 W Grand River Ave, Okemos MI 48864

- Redicare (3.3 miles from Olin Health Center), M-Sat 8am-8pm; Sun. 8am-5pm Closed: Thanksgiving & Christmas
  - 1881 W. Grand River Ave. Okemos, MI 48864 (517) 339-2100

- 98 Point 6 Emergicenter (4.4 miles from Olin Health Center), Open daily 9am-9pm
  - 1540 Lake Lansing Road, Lansing Township, MI 48912, (517) 913-6711 Closed: Thanksgiving & Christmas

- McLaren Mid Michigan Physicians Southside Urgent Care, (8.9 miles from Olin Health Center)
  - M-F 9am-9pm; Sat & Sun 9am-6pm (517) 913-3888, 5525 S Martin Luther King Jr Blvd, Lansing, MI 48910

**Covid-19 Testing Locations**

Find what Covid-19 testing location is the closest to you HERE

- MSU Olin Health Center, M, W, & F: 8am-5pm; Tu & Th: 8:30am-5pm; Sat & Sun - Closed; (517) 884-6546; 463 E Circle Dr. East Lansing, MI 48824; Appointment Required

- Spartan Stadium, M-F 8:30am-4:30 pm Tu & Th 4:30pm-8:30pm Sat 9am-1pm; Southeast Concorse, Gate B, 325 W Shaw Ln, East Lansing, MI 48824; No Appointment Needed

- CVS Heath Covid-19 Drive Thru Testing Site, (866) 389-2727; 240 M.A.C., East Lansing, MI 48823; Appointment Required

- Frandor Testing Center, Sparrow Laboratories Drive Thru Services; (517) 371-9500; 3131 E Michigan Ave, Lansing MI 48912; open daily 6am-8pm; No Appointment Needed

**Online check-in available at**

- Sparrow FastCare Frandor (8) 1
- Sparrow Urgent Care (4)
- Sparrow FastCare Okemos Meijer (4)
- Redicare (2)