

When should I use Gia[®] virtual care?

The **Gia by MVP** mobile app is available 24/7 and quickly connects you to a doctor via text, video, or phone call. This guide can help you determine when to use Gia.



Try Gia When You...

- Have a health question
- Are unable to get an appointment with your doctor
- Are out of town
- Are ill, and not sure if you need to see a doctor
- Have an urgent medical need
- Have recently come home from a hospital stay and have a question or concern
- Do not have transportation, cannot take time off work, or do not have child care

Consider Gia for Urgent Medical Needs

- Cough, stuffy nose, congestion, post-nasal drip
- Fever
- Sore throat or difficulty swallowing
- Ear pain or other symptoms of ear infection (trouble sleeping, fever, tugging on ear)
- Pink eye or stye (redness, itching, tearing)
- Urgent support for anxiety or depression
- Headache or migraine
- Nausea, stomach pain, bowel concerns
- Mild allergic reaction and skin irritations (swelling, rash, itching, wheezing)
- Muscle or joint pain
- Insect and tick bites
- Minor injuries, cuts, scrapes, burns
- Pain while urinating, frequent urge to urinate, or blood in urine
- Or, just a general icky feeling that would make you think about going to urgent care

Based on your symptoms, your Gia provider will be able to recommend a treatment plan, prescribe a medication, or refer you to a doctor, urgent care, or emergency room in your area, if needed.

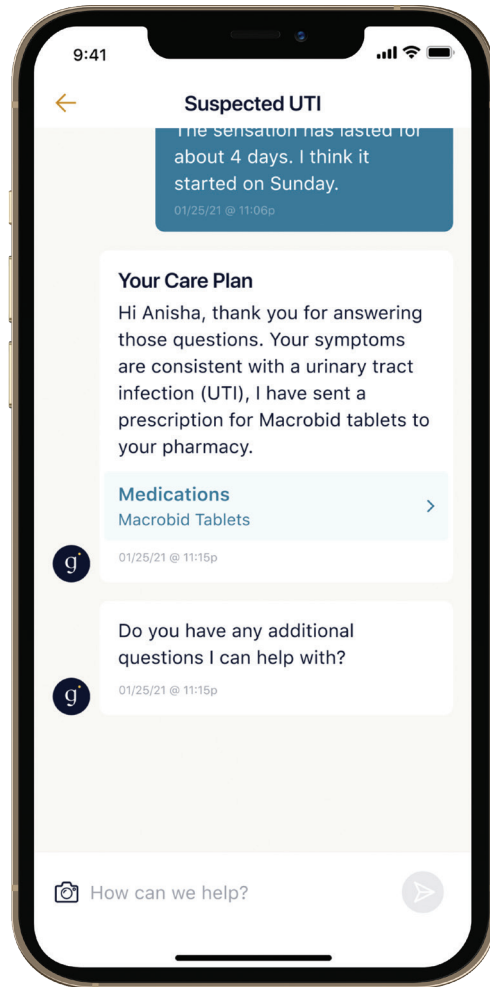
Get the all-new *Gia by MVP* app at GoAskGia.com.

Try Galileo for Everyday Health Care Concerns

Text a doctor 24/7 for virtual primary and specialty care through our partner, Galileo, for same-day care. No appointments needed.

Think of Gia and Galileo if you need:

- Advice or information on various health topics like vaccines, medications, high blood pressure, COVID-19, tobacco cessation, birth control, and mental health concerns
- A preventive care visit (check-up) with a primary care provider
- To request a medication or refill
- Help managing conditions like diabetes, heart disease, COPD, asthma, depression, and many others
- Treatment for a sexually transmitted infection (STI)
- Help with screenings and lab tests, including routine blood work, diabetes tests (blood sugar or A1c, urine protein, etc.), colon and breast cancer screenings, hypertension screenings, and more



Know When to Call 911

Call 911, or have a family member or friend take you to the emergency room if you are experiencing:

- Symptoms of stroke (sudden numbness in the face or one side of the body, confusion, weakness, trouble speaking)
- Chest pain
- Shortness of breath
- Tightness in chest
- Severe allergic reactions
- Suicidal thoughts or behaviors



Get the all-new Gia!

Visit GoAskGia.com to download the *Gia by MVP* mobile app. Or download the app from the App Store® or on Google Play™.