



TIP:

Program these numbers into your phone.

Free MESSA resources for you

Member Service Center | 800.336.0013

Our Member Service Center is available Monday through Thursday, 8 a.m. to 5:30 p.m. and Fridays, 8 a.m. to 5 p.m. Our member service specialists are experts at answering questions about your plan and helping with claims.

Your MESSA field representative | 800.292.4910

Tim Heim is your local field representative. He can explain benefits and answer questions, attend meetings or arrange visits from other MESSA experts, including nurse educators. Email Tim at theim@messa.org.

Case management programs | 800.336.0022, prompt 3

MESSA members and their dependents who have asthma, diabetes or cardiovascular conditions can get information and support from nurse educators to help set and reach health goals.

Medical case management | 800.441.4626

MESSA's medical case management nurses can help members and dependents with a catastrophic injury or serious illness get access to the right care at the right time and return to their highest quality of life.

Health promotion consultant | 800.292.4910

MESSA's health promotion consultant can help you and your coworkers develop or strengthen a worksite wellness program.