



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 Friday 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

Jacqueline Mast is your local field representative. She can explain benefits and answer questions, attend meetings or arrange visits from other MESSA experts, including nurse educators. Email Jacqueline at **JMast@messa.org**.

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.



Scan to connect with your field representative.

