



# Nurses available anytime you need them

24/7 NURSELINE

## Health concerns don't always follow a 9-to-5 schedule.

Fortunately, registered nurses are on call to answer your health questions and give general health tips 24 hours a day, seven days a week.

Our nurses can answer your health questions and try to help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. You can also call the 24/7 Nurseline whenever you or your covered family members need answers to health questions about:

- Asthma
- Back pain
- Diabetes
- Dizziness or severe headaches
- High fever
- A baby's nonstop crying
- Cuts or burns
- Sore throat
- And much more

Plus, when you call, you can access an audio library of more than 1,200 health topics — from allergies to women's health — with more than 600 topics available in Spanish.

Note: For medical emergencies, call 911 or your local emergency services first. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.



**Call 800-581-0368 to get the information you need, just when you need it.**