

# 24-Hour Nurse Advice Line

Additional Programs & Services



Get answers to  
your pressing  
health questions.

Fast, expert advice is only a phone call away.

*Is my chest pain a sign of a heart attack?*

*What works better on a sore muscle? Heat or ice?*

*Do stomach cramps and sweating require a trip to the emergency room?*

We've all had questions like these. Now you can get trustworthy answers when you call the nurse advice line. It's your 24/7 connection to our clinical team of nurses whenever you have an unexpected health issue. Plus, it's available at no cost to you.

Call any time, day or night and an expert will be there to answer your questions about:

- Medications
- Medical tests and procedures
- Treating unexpected injuries (twisted ankle, broken bone, etc.)
- Taking care of a chronic condition
- Knowing when to treat a situation at home versus making a trip to the emergency room

**The program is completely confidential and free as part of your health plan.**

Get answers to your health questions by calling **1-800-807-1370**.

Available in English, Spanish, and other languages.

