



AcademicBlue<sup>SM</sup>

# 24/7 Nurseline

Around-the-Clock, Toll-Free Support (Available in English and Spanish)

Health concerns don't always follow a 9-to-5 schedule. Fortunately, registered nurses are on call to answer your health questions, 24 hours a day, seven days a week. The 24/7 Nurseline's registered nurses can understand your health concerns and give general health tips.

## When should you call?

The toll-free Nurseline can help you or a covered family member get answers to health problem questions, such as:

- Asthma or chronic health issues
- Dizziness or severe headaches
- High fever
- Cuts or burns
- Sore throat

Plus, when you call, you can access an audio library of more than 1,000 health topics — from allergies to women's health — with more than 500 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 800-581-0407 to get the information you need, just when you need it.

AcademicBlue is offered by Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross and Blue Shield of Oklahoma complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

