Nurses available anytime you need them

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 1,200 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.

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.

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