

# NurseLine services

Coping with health concerns on your own can be tough. With so many choices, it can be hard to know whom to trust for information and support.

NurseLine<sup>SM</sup> services were designed specifically to help you get more involved in your own health care, and to make your health decisions simple and convenient. We'll provide you with:

- Immediate answers to your health questions any time, anywhere — 24 hours a day, 7 days a week
- Access to experienced registered nurses
- Trusted, physician-approved information to guide your health care decisions

When you call, a registered nurse can help you:

#### **Discuss your options for the right medical care.**

- Understand a wide range of symptoms.
- Determine what type of care may be right for your needs.

#### **Find a doctor or hospital.**

- Find doctors or hospitals that meet your needs and preferences.
- Locate an urgent care center and other health resources in your area.

#### **Understand treatment options.**

- Learn more about a diagnosis.
- Explore the risks, benefits and possible results of your treatment options.

#### **Develop a healthy lifestyle.**

- Get tips on how nutrition and exercise can help you maintain a healthy weight.
- Learn about important health screenings and immunizations.

#### **Ask medication questions.**

- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.

Call NurseLine services any time for health information and support — all at no additional cost to you as part of your benefit plan.

Registered nurses are available any time, day or night.

**Call NurseLine services at  
1-877-365-7949, TTY 711**



**This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium, provider network and/or co-payments/co-insurance may change on January 1 of each year.