Have health questions?
Easy access to health information is just a phone call away!

Health concerns don’t follow a 9-to-5 weekday schedule. Sometimes you need answers to your health questions right away — and that can be the middle of the night or while you’re away on vacation. That’s why the 24-Hour Nurse HelpLine is there for you and your family, 24 hours a day, seven days a week.

Call toll free at 1-800-700-9184 for English or 1-855-658-9250 for Spanish. TTY users can call 711 and Press 2 to speak to a registered nurse for assistance about a health situation or just to hear a reassuring voice. Isn’t it nice to know you can get accurate, confidential answers to your health questions right away?

Do you want to know more about a health concern, but don’t want to talk about it over the phone? That’s no problem. If you prefer, you can call and listen to recorded messages about more than 300 health-related topics in English and Spanish by accessing the 24/7 Nurse HelpLine AudioHealth Library. See the next page for a full list of topics that are available 24 hours a day.
To reach the NurseLine AudioHealth Library, just call 1-800-700-9184 for English, or 1-855-658-9250 for Spanish, and Press 3. TTY users can call 711 and Press 3.

Enter the 4-digit topic number followed by the # sign.

### Abdominal Problems
- 1600 Appendicitis
- 1451 Constipation
- 1618 Crohn's Disease
- 1260 Dehydration
- 1452 Diarrhea Medications
- 1605 Diverticulosis
- 1402 Food Poisoning
- 1608 Gallstones
- 2154 Gallbladder Surgery
- 1612 Gastroesophageal Reflux Disease (GERD)
- 1610 Heartburn
- 1952 Hepatitis A
- 1403 Hernia
- 1603 Inflammatory Bowel Disease
- 1611 Irritable Bowel Syndrome
- 2576 Kidney Stones
- 1462 Nausea and Vomiting
- 1609 Rectal Problems
- 1613 Ulcers
- 2257 Urinary Incontinence
- 1291 Urinary Tract Infections in Teens and Adults

### Allergies
- 1000 Allergies
- 2770 Drug Allergies
- 1002 Food Allergies
- 1007 What About Allergy Shots?

### Back and Neck Pain
- 1450 Low Back Pain
- 1463 Herniated Disk
- 1457 Neck Pain
- 2174 Should I Have Surgery for a Herniated Disk?

### Bone, Muscle and Joint Problems
- 1030 Arthritis

### Cancer
- 1105 Cancer Pain
- 1110 Colon Polyps
- 1113 Colorectal Cancer
- 1120 Women's Cancers
- 1124 Lung Cancer

### Chest, Respiratory and Circulatory Problems
- 1981 Asthma in Teens and Adults
- 1908 Atrial Fibrillation (irregular heartbeats)
- 1983 Bronchitis
- 1915 Cardiac Rehabilitation
- 1903 Causes of Heart Attack
- 1900 Chest Pain
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 1400 Colds
- 1907 Heart Failure

### Chronic Conditions
- 1060 ALS (Lou Gehrig's Disease)
- 1061 Alzheimer's Disease
- 1071 Dementia
- 1950 Chronic Fatigue Syndrome
- 2570 Chronic Kidney Disease
- 1063 Epilepsy
- 1959 High Blood Pressure
- 1832 High Cholesterol
- 2623 Iron Deficiency Anemia
- 1953 Hepatitis B
- 1909 High Blood Pressure
- 1516 Diabetic Retinopathy
- 1700 Eye Problems
- 2152 Cataract Surgery
- 1709 Cataracts
- 1710 Color Blindness
- 1703 Contact Lenses
- 1708 Pink Eye
- 1705 Eye Injuries
- 1717 Floaters and Flashes
- 1712 Glaucoma
- 1711 Macular Degeneration
- 1716 Should I Have Surgery for Nearsightedness (laser surgery)?
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

### Ear, Nose and Throat
- 1453 Benign Paroxysmal Positional Vertigo
- 1264 Ear Infections
- 1640 Earwax
- 1646 Hearing Loss
- 1641 Inner Ear Infection (Labyrinthitis)
- 1644 Meniere's Disease
- 1643 Swimmer's Ear

### Eye Problems
- 1516 Diabetic Retinopathy
- 1700 Eye Problems
- 2152 Cataract Surgery
- 1709 Cataracts
- 1710 Color Blindness
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- 1711 Macular Degeneration
- 1716 Should I Have Surgery for Nearsightedness (laser surgery)?
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

### First Aid and Emergencies
- 1750 Animal and Human Bites
- 1761 Burns
- 1255 Choking Rescue Procedure
- 1762 Cuts
- 2337 Frostbite
- 1901 Heart Attack
- 1759 Heat Exhaustion and Heat Stroke
- 2256 Hypothermia
- 2203 Rescue Breathing and CPR

### Gastroesophageal Reflux Disease (GERD)

### Heartburn

### Heart Failure

### Hemorrhoids

### Jaundice

### Kidney Stones

### Laryngitis

### Leukemia

### Liver Disease

### Malaria

### Migraine

### Motion Sickness

### Multiple Myeloma

### Muscle Cramps

### Nasal Congestion

### Nausea and Vomiting

### Oral Cancer

### Oral Health Maintenance

### Osteomyelitis

### Otitis Media

### Overdose

### Peripheral Arterial Disease

### Ringworm

### Scleroderma

### Sepsis

### Septic Arthritis

### Shingles

### Sinusitis

### Stroke

### Strep throat

### Swelling

### Tension Headache

### Tinnitus

### Typing Error

### Ulcerative Colitis

### Uric Acid Kidney Stones

### Urinary Incontinence

### Upper Respiratory Infections

### Uveitis

### Varicose Veins

### Vision Loss

### Wrist Pain

### Yeast Infection
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This information is not a complete description of benefits. Contact the plan for more information. Limitations may apply. Benefits may change upon renewal.

The information contained in this program is for general guidelines only. Your doctor will be specific regarding recommendations for your individual circumstances. Trade names of commonly used medications and devices are provided for ease of education but are not intended as particular endorsement. Your doctor may choose to use items not represented here. Recommended treatments may not be covered under your health plan.

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