

## Peace of mind: 24 hours a day

Should you head to the nearest emergency room or will a call to the doctor in the morning be sufficient? The 24-hour nurse line gives you access to registered nurse health coaches, ready to answer your health care questions, 24 hours a day, seven days a week.

You can talk to a nurse about:

- **Symptom management**  
Get help with assessing your symptoms to determine the level of care and medical follow-up needed.
- **Health information**  
Whether it's as simple as how to use a thermometer to take an infant's temperature, or as complex as learning about a specific condition or surgical procedure, a registered nurse is ready to answer your health care questions and concerns.
- **Health decision support**  
Get help with making decisions about treatment options for a condition or disease.

Just call 1-800-775-BLUE (2583) and you'll be directed to the appropriate prompt to select to speak with a nurse.

Get connected to  
a healthier lifestyle.

Take advantage of all  
BlueHealthConnection  
has to offer. For more  
information call

**1-800-775-BLUE (2583)**

