What are NurseLine services? When health concerns arise, it can be difficult to know where to turn. NurseLine services can help. You can access health information 24 hours every day, and tap into valuable resources, too.

How does it work? Simply call the toll-free number to speak with a registered nurse. Learn self-care techniques, understand symptoms and get information that can help you make health decisions. Not sure what resources your situation calls for? The nurse can help match your needs to resources that are appropriate for you.

Do I have access to an audio library? Yes, when you call, choose the Health Information Library option. This allows you to listen to recorded health and well-being messages. Look for the sample list of topics in this brochure.

Is there a Web site? Yes, myuhc.com offers customer service, information on hospitals and physicians, pharmacy service, health news, resources and more.

Can I reach a nurse through the Web site? Live Nurse Chat connects you with a registered nurse for a personal online conversation — 24 hours a day. Visit myuhc.com.
I had so many questions when I was pregnant. It was great being able to call a nurse any time. Now, I call when my baby is sick and I don’t know what to do.

To keep the NurseLine number handy, remove the wallet card and magnet and put them in a convenient place.

Health Information Library

- Allergy Testing: 4152
- Asthma: 4931
- Back Pain: Self-Care: 4197
- Cholesterol: “Good” and “Bad”: 6116
- Cuts and Scrapes: 4927
- Depression and Its Symptoms: 6717
- Diabetes and Exercise: 4391
- Diabetes Type 2: 4394
- Earache: 5177
- Early Warning of Heart Attack: 6129
- Fever: 4908
- Flu: 4333
- Headaches: Migraine: 4632
- Heartburn: 4415
- Herpes: Genital: 4953
- High Blood Pressure and Heart Disease: 6144
- Hypoglycemia (Insulin Shock): 4396
- Labor and Delivery: 7139
- Menopause: 7143
- Minor Burns and Scalds: 4912
- Osteoarthritis: 4175
- Osteoporosis: 7149
- Prenatal Care: 4892
- Prostate Problems: 4764
- Questions to Ask About Any Medicine: 7888
- Relaxation Techniques: 5137
- Seven Warning Signs of Cancer: 6453
- Shingles: 4336
- Sinus Problems: 4407
- Smoking and Your Health: 4993
- Smoking: How to Quit: 4994
- Stroke: Are You at Risk: 6184
- Urinary Tract Infections in Women: 5267
- Yeast Infection: 7191

This library of 1,700 messages is updated periodically. If you have difficulty reaching the message of your choice, press * to ask a nurse for help, or visit the NurseLine Web site for topics and codes.

I used to go to the emergency room, when all we needed was a doctor visit. Now, I call a nurse for help deciding if it really is an emergency. Thanks for saving us time and money!

NurseLine Services

Available 24 hours a day — 7 days a week

1-866-805-8310

myuhc.com

TTY/TDD callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

To reach a nurse:
Press 1.

To reach the Health Information Library:
Press 2 and enter your PIN 938.

Are pregnancy resources available through NurseLine services? The Healthy Pregnancy Program offers personalized support from early pregnancy to after delivery.

Do I have access to health tools? By taking a Health Assessment, you can evaluate your health and monitor your risk for certain conditions. This interactive online tool is easy to use. Simply visit myuhc.com.

Can I get help for complex health issues? At times you may need referrals to resources, and help coordinating the many details of a complex health situation. With the UnitedHealth FOCUS program, you and your family are assigned a registered nurse who can tailor resources based on your needs. You’ll get information about preventive care and condition management, or tips to help you work with your doctor more efficiently.

Llame a NurseLine, a cualquier hora del día o de la noche, para hablar con una enfermera titulada. Aprenda cómo curar enfermedades o lesiones y cómo manténerse saludable. No se le cobrará nada a usted ni a su familia.

What concerns can NurseLine services help address?

- Aging well
- Caring for a loved one
- Cancer and glaucoma
- Children’s health
- Fever and earaches
- Immunizations and prevention
- Asthma in children
- Choosing appropriate medical care
- Is it an emergency?
- When to see your doctor
- When to use self-care
- Chronic conditions
- Understanding your condition
- Living with cancer
- Caring for a loved one
- Eating well
- Making smart food choices
- Losing weight safely
- Natural sources of vitamins

- Family health
- Childhood diseases
- Men’s and women’s health issues
- Having a healthy pregnancy

- Fitness
- The benefits of exercise
- Avoiding sports injuries
- Keeping your child fit

- General health information
- Heart health
- Allergies
- First-aid tips
- Illness and injury
- Cold, flu and fever
- Sore throat and vomiting
- Infections

- Medication questions
- Taking prescriptions safely
- Understanding over-the-counter medication
- Sharing medicines properly

- Prevention
- Flu and pneumococcal shots
- Cancer screenings
- Managing your blood pressure

- Working with your doctor
- Questions to ask
- Understanding treatment options
- Keeping good records

To the left:

Aging well
- Staying active
- Caring for a loved one
- Cancer and glaucoma

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- Asthma in children

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- When to use self-care

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- Caring for a loved one

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- Losing weight safely

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