



Place Magnet Here

To reach a nurse:
Press 1.

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



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Provided to you by:



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UnitedHealthcare®
A UnitedHealth Group Company

resources

NurseLineSM Services

Health Information and Resources

NurseLineSM Services — Your one-stop health connection

Provided to you by Foothill-De Anza Community College District

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**.

My husband was seriously ill, and I was overwhelmed. We needed help and I didn't know where to begin. I called NurseLine services and it turned out to be the perfect place to start.

Provided to you by:



Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care. NurseLineSM is a service mark of UnitedHealth Group, Inc., used by permission.



What concerns can NurseLine services help address?

- Aging well**
 - Staying active
 - Caring for a loved one
 - Cataracts 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**
 - Colds, flu and fevers
 - Sore throats and vomiting
 - Infections
- Medication questions**
 - Taking prescriptions safely
 - Understanding over-the-counter medication
 - Storing medicines properly
- Prevention**
 - Flu and pneumonia shots
 - Cancer screenings
 - Managing your blood pressure
- Working with your doctor**
 - Questions to ask
 - Understanding treatment options
 - Keeping good records

We 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 mantenerse saludable. No se le cobrará nada a usted ni a su familia.

Health Information Library

- 2 BACK UP
- 7 REPEAT MESSAGE
- 4 CHOOSE ANOTHER TOPIC
- * TALK TO A NURSE



Allergy Testing	4152
Asthma	4931
Back Pain: Self-Care	4197
Cholesterol: "Good" and "Bad"	6116
Cuts and Scrapes	4907
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	7868
Relaxation Techniques	5137
Seven Warning Signs of Cancer	6453
Shingles	4336
Sinus Problems	4457
Smoking and Your Health	4993
Smoking: How to Quit	4994
Stroke: Are You at Risk	6164
Urinary Tract Infections in Women	5267
Yeast Infection	7191

This library of 1,100 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 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.



NurseLineSM Services

1-866-805-8310

myuhc.com[®]

24 hours a day,
7 days a week

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1-866-805-8310

See back for phone prompts.
myuhc.com[®]

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