

Place Magnet Here

To reach a nurse:

Press 1.

To reach the Health Information Library: Press 2 and enter your PIN 938. 13 Commerce Center Court, Suite 1 les, VA 20166



UnitedHealthcare*

resource

NurseLine[™] 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:



Community College District

Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care.

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What concerns can NurseLine services help address?

Aging well

- Staving active
- . Caring for a loved one
- · Cataracts and glaucoma

Children's health

- · Fever and earaches
- · Immunizations and prevention
- · Asthma in children · First-aid tips

Choosing appropriate

. Understanding your

· Living with cancer

· Making smart food

Losing weight safely

· Natural sources of

· Childhood diseases

. Men's and women's

health issues

pregnancy

· Having a healthy

. Caring for a loved one

condition

Eating well

choices

vitamins

Family health

- medical care · Colds, flu and fevers
- . Is it an emergency? · Sore throats and . When to see your doctor vomiting
- . When to use self-care · Infections

Medication questions Chronic conditions

· Taking prescriptions safely

information

Allergies

· Heart health

Illness and injury

- 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, Fitness . The benefits of exercise when all we needed was a doctor visit. · Avoiding sports injuries Now, I call a nurse for help deciding if . Keeping your child fit it really is an emergency. Thanks for **General health**

NurseLine Services

Available 24 hours a day - 7 days a week

saving us time and money!

1-866-805-8310

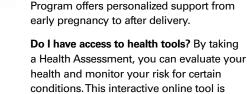
myuhc.com

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.



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.

Are pregnancy resources available through

NurseLine services? The Healthy Pregnancy

easy to use. Simply visit myuhc.com.

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

7 REPEAT MESSAGE * TALK TO A NURSE

4 CHOOSE ANOTHER TOPIC

Allergy resting	4132
Asthma	
Back Pain: Self-Care	
Cholesterol: "Good" and "Bad"	6116
Cuts and Scrapes	
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	
Herpes: Genital	4953
High Blood Pressure and Heart Disease	
Hypoglycemia (Insulin Shock)	4396
Labor and Delivery	7139
Menopause	7143
Minor Burns and Scalds	4912
Osteoarthritis	4175
Osteoporosis	
Prenatal Care	
Prostate Problems	4764
Questions to Ask About Any Medicine	7868
Relaxation Techniques	5137
Seven Warning Signs of Cancer	6453
Shingles	
Sinus Problems	4457
Smoking and Your Health	
Smoking: How to Quit	
Stroke: Are You at Risk	
Urinary Tract Infections in Women	
Yeast Infection	
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.

UnitedHealthcare



24 hours a day, 7 days a week

NurseLine[™] Services

1-866-805-8310

mvuhc.com®

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See back for phone prompts.

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