



When it comes to health information, you need a source **you can trust.**

The Nurse24SM nurse line, free for you as part of your health plan, gives you access to a registered nurse 24 hours a day, 7 days a week, 365 days a year. An experienced nursing staff is ready to help you make informed healthcare choices. Best of all, this confidential program is available by calling toll-free, **1-866-458-0408**.

Registered nurses are available with reliable information to help you achieve a better level of health, providing information on:

- Home treatment of minor illness and injury
- When to call a health professional and how to effectively communicate with your doctor
- How to prepare for doctor visits
- How to make wise decisions about tests, medications and procedures
- How to make lifestyle choices to improve your health
- Understanding your prescription medications and how to make them work for you

Are you seeking advice for emergency care? The co-pay is waived for Premium members who are advised to seek care at the ER through the toll-free nurse line.

Bilingual nurses are also available 24 hours a day, 7 days a week



SCAN TO CALL



Health Advantage

An Independent Licensee of the Blue Cross and Blue Shield Association

AR BENEFITS