



24/7 Access to Nurse Line

The 24/7 Nurse Line can give you peace of mind with:

- Answers to your health questions any time, from anywhere – 24 hours a day.
- Access to caring, registered nurses who have an average of 15 years of clinical experience.
- Trusted, doctor-approved information to guide your health care decisions.

Please call **1-888-624-3096** to speak with a nurse.

When you call, a registered nurse can help you:

- Understand if the Emergency Room, a doctor visit or self-care is right for your needs.
- Learn more about a diagnosis.*
- Explore the risks, benefits and possible outcomes of treatment options.
- Get tips on nutrition and exercise to help you maintain a healthy weight.
- Learn about health screenings and immunizations.

Online Resources – 24/7 health advice at your fingertips!

Finding reliable health and wellness information on the Internet can be challenging. But, with Live Chat, you can have an individual, secure and confidential online discussion with a health care resource and get the information you want – all from your own computer. Learn more about fitness, nutrition, common illnesses and conditions, prevention tips and much more. And, this service is available any time you need it – 24 hours, every day.

Chat real-time by visiting HorizonBlue.com and signing into Member Online Services.

**Our nurses cannot provide a diagnosis over the phone, but they will help you decide what to do next.*

For informational purposes only. Nurses cannot diagnose problems or recommend specific treatment. They are not a substitute for your doctor's care. The 24/7 Nurse Line services are not an insurance program and may be discontinued at any time. In the event of an emergency, please go to the nearest hospital or doctor or call 911 or your local emergency services number.