

Your convenient and holistic resource for all the health care questions and needs of you and your loved ones.

Coping with health concerns can be time-consuming and complex. With so many choices, it can be hard to know where to look for trusted information and support.

myNurseLineSM was designed specifically to help make your health decisions simple and convenient by providing:

- Immediate answers to your health questions any time, anywhere — 24 hours a day, 7 days a week
- Access to experienced registered nurses who have an average of 15 years of clinical experience
- Trusted, physician-approved information to guide your health care decisions

When you call, a registered nurse can help you:

Choose appropriate medical care.

- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

Find a doctor or hospital.

- Find doctors or hospitals that meet your needs and preferences.
- Locate an urgent care center and other health resources in your area.

Understand treatment options.

- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.

Achieve a healthy lifestyle.

- Get tips on how nutrition and exercise can help you maintain a healthy weight.
- Learn about important health screenings and immunizations.

Ask medication questions.

- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.

Call myNurseLine any time for health information and support — all at no additional cost to you.

Online resources

You also have access to a wealth of information online. Visit myNurseLine at the website below for health and well-being news, tools, resources and more.

For informational purposes only. Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care. myNurseLine is not an insurance program and may be discontinued at any time.

Registered nurses are available any time, day or night.

Call myNurseLine

1-855-349-1369

TDD/TTY callers, please call 711 and ask for the number above.

myuhc.com[®]



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