

Reliable health information  
is just a phone call away

MyNurseLine<sup>SM</sup> is an around-the-clock  
service that offers special attention  
for your health and well-being...  
because your health is important.



MyNurseLine

1-800-883-2951



MyNurseLine is sponsored  
by CHD Meridian Healthcare, LLC.

MyNurseLine



Personal Healthcare  
Information and Assistance

24 hours a day  
7 days a week

It's simple – just call our toll-free number!

**1-800-883-2951**

Now you can talk with a Registered Nurse any time, day or night. A caring professional can help you make informed decisions about your health. MyNurseLine<sup>SM</sup> can give you information and support when you:

- Aren't sure if you have a serious medical problem
- Want to learn how to take care of a new or chronic condition
- Need information about medications, tests or procedures
- Want to find ways to talk effectively with your health care provider
- Have questions about how to stay healthy

MyNurseLine<sup>SM</sup> is just a phone call away — 24 hours a day, 7 days a week.

## Asking Questions

Staying healthy starts by asking questions and getting up-to-date information. When you need answers, MyNurseLine<sup>SM</sup> is there for you. No question is too simple or complex. Our Registered Nurses can assist with questions such as:

*"I noticed a strange rash on my arms recently that won't go away. What should I do?"*

*"I can't sleep at night and have been really stressed. Should I see someone?"*

*"I've had a bad cold for several days. What else can I do to treat it at home?"*

*"I fell yesterday and my ankle still hurts. Should I go to the emergency room?"*

## Complex Decisions

Some health problems are more complicated than others. Our nurses can help you understand risk factors and treatment options. They work with you so that you and your healthcare provider can make the best decisions:

*"I was just prescribed a new medication and now I feel dizzy sometimes. Could that be a side effect?"*

*"I have been drinking a lot on weekends and am afraid I may have a problem. Should I talk to someone about this?"*

*"I'm worried I may be pregnant. What should I do?"*

Research shows that people who are more informed make better decisions and have better results. Our nurses can help you find information that will assist you.

## Working with your Healthcare Provider

MyNurseLine<sup>SM</sup> can make it easier to talk with your healthcare provider. Our nurses can help you understand your provider's instructions or develop a list of questions to ask. If you're not sure where you should go to seek treatment, our staff can help you make that decision.

*"I was recently prescribed an antibiotic but don't remember if I told my doctor about other medications I was taking. What should I do?"*

*"I don't have a local doctor at school and am worried about stomach pains I've been having. Who should I call?"*

*"I'm embarrassed to talk about sexually transmitted diseases with my family doctor. What other options do I have?"*

Reliable, confidential health information is just a phone call away — 24 hours a day, 7 days a week.

**Please note:** MyNurseLine<sup>SM</sup> is not a substitute for medical attention. Our Registered Nurses cannot provide diagnosis or treatment. If you have an emergency medical condition please call 911 or your local emergency services number.