



## First Help 24-Hour Nurse Advice Line Free for Members

When you have questions about your health, you may not be sure where to go. Instead of waiting and worrying, call the FirstHelp advice line staffed by experienced nurses 24 hours a day, 7 days a week, 365 days a year.

The nurse will ask a few questions and give you information to help you decide what to do next. The FirstHelp advice line can help you:

- Decide when to visit your doctor or go to an Urgent Care or ER
- Understand your medications
- Find network doctors and prepare for an appointment
- Learn about preventive care

The nurse advice line provides support and guidance for any non-emergency situation. **The service is personal, confidential and available at no cost.**



*Note: Call 911 or go straight to the Emergency Room if you have a life-threatening injury, illness or emergency.*

**Call 800-535-9700 anytime, day or night.**

