



UnitedHealthcare®

Important plan information

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NurseLineSM services

**1-877-365-7949
(TTY: 711)**



UnitedHealthcare®

**Answers for your
health questions
24 hours a day.**

**Registered nurses
can help you:**

- Find a doctor
- Discuss treatment options
- Understand medications
- Develop healthy habits



In Good Health

A resource to help you live a healthier life.



Good news for good health.

NurseLineSM services by UnitedHealthcare[®] can help you live a happy, healthy and active life.

Call any time and get immediate help with all of your questions in any of these five areas.

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NurseLine services by UnitedHealthcare are available 24 hours a day, 7 days a week, at no additional cost to you.

**NurseLine services
by UnitedHealthcare**

1-877-365-7949 (TTY: 711)

This guide is a resource.

1 **Get started**

2 **Doctors and health care facilities**

3 **Conditions and diseases**

4 **Prescription drugs**

5 **Healthy lifestyle choices**

The pages are designed to be used as a reference tool for better health.

In addition, the pages can help you organize your health information and can be torn out and shared with your doctor.

Getting started

Getting started is easy.

With NurseLineSM services by UnitedHealthcare[®], you'll get an experienced nurse who is easy to talk with and who will take the time needed to answer your questions. The call is confidential and the service is available to you 24 hours a day, 7 days a week.

See back for a helpful worksheet.

Good information to have before calling.

Name: _____

Date of Birth: _____

Primary Physician: _____

Phone Number: _____

Pharmacy: _____

Phone Number: _____

Health Insurance: _____

My Allergies: _____

Emergency Contact: _____

Phone Number: _____

Relationship: _____

My Medical Conditions: _____

My Medications: _____

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Doctors and health care facilities

Your doctor is your partner.

Finding a doctor who's right for you is a key part of staying healthy. NurseLineSM services by UnitedHealthcare[®] can help you find a doctor, prepare for an appointment and answer questions after a visit.

Call NurseLine today to discuss:

- What you should consider when choosing a new doctor.
- What information you should share and what questions to ask.
- What options are available when your doctor's office is closed.
- How to get the most out of your patient/provider relationship.

My notes after calling:

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Conditions and diseases

Stay on top of your health.

Call NurseLineSM services by UnitedHealthcare[®] to make sure you are up-to-date with preventive screenings, the latest treatment options and managing your health conditions.

TEST FOR:	LAST TEST (Mo./Yr.)	NEXT TEST (Mo./Yr.)
Breast cancer		
Cervical cancer		
Colorectal cancer		
Diabetes		
Blood pressure		
HDL (good fat)		
LDL (bad fat)		
Weight		
Osteoporosis		

Call NurseLine today to discuss:

- Tips on how to control diabetes, blood pressure or high cholesterol.
- The potential risks, benefits and outcomes of treatment options for heart disease, back pain, hip replacement and more.
- Tips on how to discuss specific symptoms with your doctor.
- What medications you may be taking for certain conditions and why.

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See back for a helpful worksheet.

Prescription drugs

Medications can be confusing.

Get the help you deserve. Call NurseLineSM services by UnitedHealthcare[®] today to:

- Get help with your medications
- Discover generic options
- Learn about the drugs you take and any potential side effects

What I'm taking (include all)	Why I take it	When I take it	How much I take	Special directions
Name of drug	Condition	e.g., a.m.	e.g., 1 pill/ once a day	e.g., with food

See back for a helpful worksheet.

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Healthy lifestyle choices

Every healthy choice is a decision you'll feel good about.

NurseLineSM services by UnitedHealthcare[®] can help with big lifestyle changes or simple tips to help you stay on track.

Call NurseLine today to discuss:


- Routine screenings or immunizations based on your age and overall health.
- Tips that can help you stop smoking.
- Information on easy ways to increase the amount of fruits, vegetables and other healthy foods in your diet.
- Community resources for activities and exercise options.

Things I feel I can accomplish after calling:
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NurseLineSM nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may be discontinued at any time.

Plan is insured or covered by UnitedHealthcare Insurance Company or one of its affiliates, a Medicare Advantage organization with a Medicare contract.



Magnet goes here

Use this magnet to keep the NurseLine number handy.