NurseLine™ services

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

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

Good news for good health.

NurseLine™ 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.

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

**NurseLine services by UnitedHealthcare**

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This guide is a resource.

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 NurseLine™ 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.

<table>
<thead>
<tr>
<th>Good information to have before calling.</th>
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<tbody>
<tr>
<td>Name: ________________________________</td>
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<tr>
<td>Date of Birth: ________________________</td>
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<tr>
<td>Primary Physician: ____________________</td>
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<td>Phone Number: _________________________</td>
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<tr>
<td>Pharmacy: ____________________________</td>
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<tr>
<td>Phone Number: _________________________</td>
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<tr>
<td>Health Insurance: _____________________</td>
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<tr>
<td>My Allergies: _________________________</td>
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<tr>
<td>Emergency Contact: ____________________</td>
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<tr>
<td>Phone Number: _________________________</td>
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<tr>
<td>Relationship: _________________________</td>
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<tr>
<td>My Medical Conditions: __________________</td>
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<tr>
<td>My Medications: ________________________</td>
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See back for a helpful worksheet.

NurseLine services by UnitedHealthcare  
1-877-365-7949 (TTY: 711)
Your doctor is your partner.

Finding a doctor who’s right for you is a key part of staying healthy. NurseLine℠ 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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Stay on top of your health.

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

<table>
<thead>
<tr>
<th>TEST FOR:</th>
<th>LAST TEST (Mo./Yr.)</th>
<th>NEXT TEST (Mo./Yr.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast cancer</td>
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<tr>
<td>Cervical cancer</td>
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<tr>
<td>Colorectal cancer</td>
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<tr>
<td>Diabetes</td>
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<tr>
<td>Blood pressure</td>
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<tr>
<td>HDL (good fat)</td>
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<tr>
<td>LDL (bad fat)</td>
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<tr>
<td>Weight</td>
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<tr>
<td>Osteoporosis</td>
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</table>

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.
Medications can be confusing.

Get the help you deserve. Call NurseLine™ services by UnitedHealthcare® today to:

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

See back for a helpful worksheet.
Every healthy choice is a decision you’ll feel good about.

NurseLine™ 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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NurseLine℠ 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.