

# Help is a phone call away.



## It's after hours. Who can help you decide what to do?

Should you treat the problem at home, call your doctor in the morning, or get to an emergency room or urgent care center? Whether it's pain, an injury, or a fever that won't go down, advice on what to do is just a phone call away—**24 hours a day, 7 days a week, 365 days a year.**

## Get **FREE**, confidential help from the 24-Hour NurseLine.

Treating the flu within 48 hours can reduce the length of your illness. To help you feel better sooner, call the 24-Hour NurseLine at the first sign of flu. A registered nurse will help you decide how to treat your symptoms.

- Your call is answered quickly.
- The nurse asks you the right questions, helps you decide what to do, then can help you find the nearest in-network provider or pharmacy if you need one.
- The nurse stays on the line as long as it takes to decide.

## 24-Hour NurseLine **800-841-8343**

(number is on the back of your Premera card)

**Always call 911 or your local emergency number if you are having a medical emergency.** NurseLine gives general information, but does not diagnose or prescribe. NurseLine cannot advise you about what is covered by your plan.

*"I just wanted to thank you so much for the care over the weekend, it was scary for all of us and your help was great. Thank you."*

*"The nurse I talked to was very knowledgeable and caring. I would have done everything wrong if I hadn't called, and she gave me great advice. Please tell her thank you."*

PREMERA | 

BLUE CROSS BLUE SHIELD OF ALASKA

An Independent Licensee of the Blue Cross Blue Shield Association

## Notice of availability and nondiscrimination 800-508-4722 | TTY: 711

Call for free language assistance services and appropriate auxiliary aids and services.

Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.

Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.

무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.

Hu thov kev pab txhais lus pub dawb thiab lwm yam khoom pab dawb thiab kev pab cuam ua tsim nyog.

Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.

呼吁提供免费的语言援助服务和适当的辅助设备及服务。

呼籲提供免費的語言援助服務和適當的輔助設備及服務。

Vala'au mo auaunaga tau fesoasoani mo gagana e leai ni tologi ma fesoasoani fa'aopo'opo talafeagai ma auaunaga.

ไทเพื่อรับການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ໝາະສົມແບບບໍ່ເສຍຄ່າ.

無料言語支援サービスと適切な補助器具及びサービスをお求めください。

Tumawag para kadagiti libre a serbisio iti tulong iti pagsasao ken dagiti nakanada nga aid ken serbisio iti komunikasion.

Gọi cho các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hỗ trợ và dịch vụ phụ trợ thích hợp.

Звертайте за безкоштовною мовною підтримкою та відповідними додатковими послугами.

ติดต่อขอบริการช่วยเหลือด้านภาษาฟรีพร้อมความช่วยเหลือและบริการอื่น ๆ เพิ่มเติม

Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.

Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.

Rele pou w jwenn sèvis asistans lengwistik gratis ak èd epi sèvis oksilyè ki apwopriye.

Appelez pour obtenir des services gratuits d'assistance linguistique et des aides et services auxiliaires appropriés.

Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.

Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.

اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.

برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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