

Advice is just a phone call away with the 24-Hour NurseLine

It's after hours and you have pain, an injury, or a fever you can't shake. Who can you call?



Always dial 911 or your local emergency number if you have a medical emergency.

When you contact the 24-Hour NurseLine, you'll talk to a registered nurse who asks you the right questions and helps you decide what to do. Nurses are available to provide medical advice, quick answers, and guidance on whether you should seek immediate care.

The phone number for the 24-Hour NurseLine is on the back of your Premera ID card.

Your call is free and confidential.

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