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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Healthcare advice is just a phone call away with 24-Hour NurseLineIt’s after hours, and you have pain, an injury, or a fever that just won’t go down. Who can help you decide what to do? With the 24-Hour NurseLine, advice is just a phone call away—24 hours a day, 7 days a week, 365 days a year. When you call the 24-Hour NurseLine at 800-841-8343:* Your call is answered quickly by a registered nurse.
* The nurse asks you the right questions and helps you decide what to do.
* The nurse stays on the line as long as it takes to assist with your decision.
* Your call is free and confidential.

NOTEAlways call 911 or your local emergency number if you have a medical emergency. |
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