

Optum® NurseLineSM Services

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Helping you make confident health care decisions

Coping with health concerns can be time-consuming and complex. And, with so many choices, it can be hard to know where to look for trusted information and support.

That's why NurseLine services were developed—to give you peace of mind with:

- Immediate answers to your health questions any time, from any where—24 hours a day
- Access to caring registered nurses who have an average of 15 years' clinical experience
- Trusted, physician-approved information to guide your health care decisions

For informational purposes only. Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care.

97% of callers are happy with the help the nurse provides.

Use this magnet to keep the NurseLine number handy.

1-800-981-7912

- Trusted health information
- 24-hour access to registered nurses
- The peace of mind your family deserves



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Provided to you by:



Optum® NurseLineSM Services

Experienced registered nurses 24/7

1-800-981-7912

TTY/TDD callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.



24 hours a day, 7 days a week



When you call, a caring nurse can help you:

Choose appropriate medical care.

- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

Find a doctor or hospital.

- Find doctors or hospitals that meet your needs and preferences.
- Locate an urgent care center and other health resources.

Understand treatment options.

- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.

Achieve a healthful lifestyle.

- Get tips on how nutrition and exercise can help you maintain a healthful weight.
- Learn about important health screenings and immunizations.

Ask medication questions.

- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.

“It’s hard to know if the information I find on my own is reliable. It’s so much easier to call a nurse who can give me trusted, up-to-date health information.”

Place Magnet Here

Our callers are saying...

“I always keep the NurseLine number handy. It makes me feel better knowing there’s a nurse I can talk with right away, whenever I need help.”

“I had a really basic question and felt embarrassed even asking it. The nurse was so friendly and understanding. And, she clearly was very experienced. I’ll be calling again!”



Don’t forget—program this number into your cell phone today!



NurseLine Services
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