

Health information a phone call away

*NurseLine*SM



Coping with health concerns can be time consuming and complex. It can be hard to know where to find trusted information among so many choices or what to do in a non-emergency situation.

Instead of playing guessing games with health issues, give UMR's NurseLineSM a ring. A simple phone call to NurseLine gets you in touch with a highly trained registered nurse who can answer your medical questions and provide advice — without an appointment.

NurseLine is completely confidential and provides you with the following:



**24 hour-a-day,
7 day-a-week service**



**Hearing assistance
accommodations**



**140+ languages including
English and Spanish**



**Audio health library containing over
1,100 topics, such as physical and
emotional conditions, procedures,
medications, and much more**

What do you do if this happens to you?

*It's midnight. Your child has a fever
and now you notice a peculiar rash.
What should you do?*

*You wake up with severe stomach
cramps. You wonder if you should
phone your doctor, go to the
emergency room or wait it out.*

*You're diagnosed with cancer
and want to learn more about
the disease and possible
treatment options.*

*A family member is scheduled
for a surgical procedure. You read
the pamphlets from the surgeon's
office, but you still have several
unanswered questions.*

