



Help! When and where you need it.

Count on us

Your child felt fine when she went to bed. But now she's up at 3 a.m. with a fever. Or maybe you've developed an ugly rash from that poison ivy you stumbled through on your weekend hike – hundreds of miles from home.

These things don't happen, right? And never on vacation!

Sure they do. All the time. That's why the **24/7 NurseLine** has nurses available 24 hours a day, seven days a week to speak with you about your health issues. Whether it's a question about allergies, earaches or just about any other health topic, answers and support are there whenever and wherever you need them.

Are you a do-it-yourselfer?

Then the **AudioHealth Library** might be for you. These helpful prerecorded messages in English and Spanish cover hundreds of topics – from appendicitis to X-rays and a lot in between. Just look inside this brochure and see for yourself. And like the 24/7 NurseLine, the AudioHealth Library never closes.

Ready when you are

Health issues don't take vacations or watch the clock. And neither does the 24/7 NurseLine. So be sure to keep the wallet card and the list of AudioHealth Library topics you'll find in this brochure handy. That way, you'll be able to get helpful health advice 24/7, any day of the year.

24/7 NurseLine 800-337-4770

To reach a registered nurse any time of the day or night or to access the **AudioHealth Library**, call **800-337-4770** and follow the instructions on the phone.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.

AudioHealth Library Topics



These helpful prerecorded messages cover hundreds of topics. Just call **800-337-4770** and follow the instructions on the phone to listen in.

Abdominal Problems

- 1600 Appendicitis
- 1451 Constipation
- 1618 Crohn's Disease
- 1260 Dehydration
- 1454 Diarrhea, Age 12 and Older
- 1452 Diarrhea Medications
- 1605 Diverticulosis
- 1402 Food Poisoning
- 2154 Gallbladder Surgery
- 1608 Gallstones
- 1612 Gastroesophageal Reflux Disease (GRD)
- 1610 Heartburn
- 1952 Hepatitis A
- 1827 Hepatitis C
- 1403 Hernia
- 1611 Irritable Bowel Syndrome
- 2576 Kidney Stones
- 1462 Nausea and Vomiting, Age 4 and Older
- 1609 Rectal Problems
- 1603 Ulcerative Colitis
- 1613 Ulcers
- 2257 Urinary Incontinence
- 1291 Urinary Tract Infections in Teens and Adults

Allergies

- 2338 Allergic Reaction
- 1000 Allergies
- 2770 Drug Allergies
- 1002 Food Allergies
- 1007 What About Allergy Shots?

Back and Neck Pain

- 1463 Herniated Disk
- 2174 Herniated Disk Surgery
- 1450 Low Back Pain
- 1457 Neck Pain

Bone, Muscle and Joint Problems

- 2105 Ankle Sprain
- 1030 Arthritis
- 1780 Bunions
- 2102 Bursitis
- 1781 Calluses and Corns
- 2104 Carpal Tunnel Syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1031 Juvenile Rheumatoid Arthritis

- 1033 Lupus
- 2106 Muscle Cramps and Leg Pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1784 Plantar Fasciitis
- 1034 Rheumatoid Arthritis
- 2169 Rotator Cuff Disorders
- 1456 Sports Injuries
- 2151 Surgery for Carpal Tunnel Syndrome
- 2103 Tendon Injury
- 1461 TM Disorders

Cancer

- 1105 Cancer Pain
- 1110 Colon Polyps
- 1113 Colorectal Cancer
- 1124 Lung Cancer
- 1120 Women's Cancers

Chest, Respiratory and Circulatory Problems

- 1981 Asthma in Teens and Adults
- 1908 Atrial Fibrillation (Irregular Heartbeats)
- 1983 Bronchitis
- 1915 Cardiac Rehabilitation
- 1903 Causes of Heart Attack
- 1900 Chest Pain
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 1400 Colds
- 1907 Congestive Heart Failure
- 1455 Fever
- 1904 Heart Attack Prevention
- 1401 Influenza (Flu)
- 1648 Laryngitis
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1986 Pneumonia
- 1406 Sinusitis
- 1459 Strep Throat
- 1081 Stroke Rehabilitation
- 1460 Swollen Lymph Nodes
- 1912 Varicose Veins
- 1407 Viral and Bacterial Infection

Chronic Conditions

- 1060 ALS (Lou Gehrig's Disease)
- 1061 Alzheimer's Disease
- 1950 Chronic Fatigue Syndrome
- 2570 Chronic Kidney Disease
- 1063 Epilepsy

- 1953 Hepatitis B
- 1909 High Blood Pressure
- 1832 High Cholesterol
- 2550 Hypothyroidism
- 2623 Iron Deficiency Anemia
- 1959 Living with HIV Infection
- 1065 Multiple Sclerosis
- 1066 Parkinson's Disease
- 1512 Prediabetes
- 1508 Type 1 Diabetes
- 1500 Type 2 Diabetes
- 1501 Type 2 Diabetes: Living With Complications
- 1502 Type 2 Diabetes: Living With the Disease
- 1503 Type 2 Diabetes: Recently Diagnosed

Ear, Nose and Throat

- 1264 Ear Infections
- 1640 Earwax
- 1646 Hearing Loss
- 1641 Inner Ear Infection (Labyrinthitis)
- 1644 Meniere's Disease
- 1643 Swimmer's Ear
- 1560 Tonsillitis
- 1453 Vertigo

Eye Problems

- 1709 Cataracts
- 2152 Cataract Surgery
- 1710 Color Blindness
- 1703 Contact Lenses
- 1516 Diabetic Retinopathy
- 1705 Eye Injuries
- 1700 Eye Problems
- 1717 Floaters and Flashes
- 1712 Glaucoma
- 1711 Macular Degeneration
- 1716 Nearsightedness - Radial Keratotomy
- 1708 Pink Eye
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

First Aid and Emergencies

- 1750 Animal and Human Bites
- 1761 Burns
- 1255 Choking Rescue Procedure
- 2203 CPR and Rescue Breathing
- 1762 Cuts

- 2337 Frostbite
- 1901 Heart Attack
- 1759 Heat Exhaustion and Heat Stroke
- 2256 Hypothermia
- 1751 Insect and Spider Bites and Stings
- 1458 Nosebleeds
- 1763 Poisoning
- 1764 Puncture Wounds
- 1752 Snake Bites
- 1766 Splinters
- 1067 Stroke
- 1754 Tick Bites

Headaches and Nervous System Problems

- 1062 Bell's Palsy
- 1515 Diabetic Neuropathy
- 1068 Guillain-Barre Syndrome
- 1064 Meningitis and Encephalitis
- 1405 Migraine Headaches
- 1404 Tension Headaches

Home Health Medicines and Supplies

- 2000 Bulking Agents and Laxatives
- 2007 Cold and Allergy Remedies
- 2003 Cough Preparations
- 2002 Decongestants
- 1270 How to Take a Temperature
- 2001 Pain Relievers
- 1758 Self-Care Supplies

Infant and Child Health

- 1250 ADHD
- 1251 Bed-Wetting
- 2753 Bottle-Feeding
- 1254 Chickenpox
- 1278 Childhood Rashes
- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1080 Dyslexia
- 2436 Fetal Alcohol Syndrome
- 1253 Fever, Age 3 and Younger
- 1267 Fifth Disease
- 1268 Growth and Development of the Newborn
- 1269 Hand-Foot-Mouth Disease
- 1837 Healthy Eating for Children
- 1272 Impetigo

- 1274 Measles
- 1275 Mumps
- 1261 Newborn Rashes and Skin Conditions
- 1280 Pinworms
- 1259 Reye's Syndrome
- 1283 Roseola
- 1284 Rubella (German Measles)
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1247 Temper Tantrums
- 1292 Thrush
- 1289 Thumb-Sucking
- 1290 Toilet Training
- 1293 Urinary Tract Infections in Children

Infectious Diseases

- 1408 Avian Influenza (Bird Flu)
- 1951 Infectious Mononucleosis
- 1956 Tuberculosis
- 1965 West Nile Virus

Living Healthy

- 1838 Alcohol and Drug Problems
- 1833 Be Physically Active
- 1841 Be Tobacco-Free
- 1831 Dietary Guidelines for Americans - 2005
- 1295 Early Disease Detection
- 1853 Healthy Eating
- 1834 Healthy Weight
- 1279 Immunizations
- 1830 Living a Balanced Lifestyle
- 1835 Mind-Body Connection
- 1964 Relaxation Skills
- 1846 Stress Management
- 2435 Teen Alcohol and Drug Abuse
- 2204 Travel Health
- 2428 Treatment for Alcohol Problems

Medical Tests and Procedures

- 1547 Abdominal Ultrasound
- 2162 Arthroscopy
- 1540 Barium Enema
- 1534 Chest X-Ray
- 1535 Chorionic Villus Sampling (CVS)
- 1533 Complete Blood Count (CBC)
- 1536 CT Scan of the Body
- 2155 Cystoscopy
- 2156 Dilatation and Curettage for Menopause
- 2165 Ear Tubes
- 1538 Electrocardiography
- 1537 Electroencephalography
- 1539 Electromyography (EMG)
- 2157 Episiotomy
- 1532 Exercise Electrocardiography
- 2159 Hernia Surgery
- 2160 Hip Replacement
- 1506 Home Blood Sugar Monitoring
- 2163 Knee Replacement
- 2164 Laparoscopy
- 1546 Lung Function Tests

- 1542 Magnetic Resonance Imaging (MRI)
- 2503 Shared Decisions About Surgery
- 2158 Surgery for Hemorrhoids
- 2171 Tonsillectomy and Adenoidectomy
- 1541 Upper Gastrointestinal (GI) Series

Men's Health

- 2034 Benign Prostatic Hyperplasia (Enlarged Prostate)
- 2032 Erection Problems
- 2031 Hair Loss
- 2036 Male Genital Problems and Injuries
- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen (PSA) Test
- 2167 TURP for Enlarged Prostate
- 2173 Vasectomy - Permanent Sterilization

Mental Health Problems and Mind-Body Wellness

- 2052 Anorexia Nervosa
- 1069 Bipolar Disorder
- 2053 Bulimia Nervosa
- 1240 Child Abuse and Neglect
- 1071 Dementia
- 2057 Depression
- 1230 Domestic Violence
- 2059 Grief
- 2051 Obsessive-Compulsive Disorder
- 2055 Panic Disorder
- 1070 Schizophrenia
- 2063 Social Anxiety Disorder
- 1845 Stress
- 2066 Suicide

Partnership With Your Doctor

- 1202 Caregiver Tips
- 1802 Finding a Doctor Who Will Be a Partner
- 1800 Making Wise Health Decisions
- 1201 Patient's Bill of Rights
- 1801 Work in Partnership With Your Doctor

Senior Health

- 2245 Care at the End of Life
- 2251 Healthy Aging
- 2240 Hospice Care
- 2004 Medication Problems in Seniors
- 1836 Physical Activity for Older Adults
- 2006 Preventing Medication Errors

Sexual Health

- 2600 Birth Control
- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 1957 HIV Infection and AIDS
- 1848 Sexually Transmitted Diseases
- 2311 Syphilis
- 2315 Trichomoniasis

Skin Problems

- 2330 Acne
- 2336 Atopic Dermatitis
- 1755 Blisters
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2346 Fungal Nail Infections
- 2261 Ingrown Toenail
- 1273 Lice
- 2344 Psoriasis
- 2343 Rashes
- 1296 Scabies
- 2349 Shingles
- 1129 Skin Cancer, Melanoma
- 1130 Skin Cancer, Nonmelanoma
- 2352 Sunburn
- 2353 Warts

Sleeping Disorders

- 2400 Insomnia
- 2403 Sleep Apnea
- 2406 Snoring

Women's Health

- 2702 Abortion
- 2714 Amniocentesis
- 2640 Bacterial Vaginosis
- 1531 Breast Biopsy
- 2751 Breast-Feeding
- 2720 Cesarean Section

- 2752 Complications After Delivery
- 2704 Danger Signs During Pregnancy
- 2708 Diet During Pregnancy
- 2675 Dysfunctional Uterine Bleeding
- 2672 Endometriosis
- 2709 Exercise During Pregnancy
- 2677 Functional Ovarian Cysts
- 1504 Gestational Diabetes
- 2701 Home Pregnancy Test
- 2651 Hormone Replacement
- 2700 How to Have a Healthy Baby
- 2674 Hysterectomy
- 2033 Infertility
- 2754 Labor, Delivery and Postpartum Period
- 1107 Mammogram
- 2755 Mastitis While Breast-Feeding
- 2650 Menopause and Perimenopause
- 2678 Menstrual Cramps
- 2717 Miscarriage
- 2670 Missed or Irregular Periods
- 1211 Multiple Pregnancy: Twins or More
- 2705 Normal Pregnancy
- 1111 Ovarian Cancer
- 1544 Pelvic Exam and Pap Test
- 2312 Pelvic Inflammatory Disease
- 2723 Pelvic Organ Prolapse
- 1112 Polycystic Ovary Syndrome
- 2750 Postpartum Depression
- 2426 Precautions During Pregnancy
- 2724 Premenstrual Syndrome (PMS)
- 2756 Rh Sensitization During Pregnancy
- 2710 Rubella and Pregnancy
- 2039 Sexual Dysfunction in Women
- 2719 Stretch Marks
- 2707 Symptoms and Stages of Labor
- 2706 Symptoms and Stages of Pregnancy
- 2680 Toxic Shock Syndrome
- 2172 Tubal Ligation
- 1548 Ultrasound for Normal Pregnancy
- 2673 Uterine Fibroids
- 2643 Vaginal Yeast Infections
- 2757 Weaning



Be sure to keep this wallet card with you. You can reach a nurse toll-free from anywhere in the U.S.

24/7 NurseLine

Nurses are available
24 hours a day, 365 days a year.