



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 thwenever 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

Just want to listen in?

Call us toll free at **800-337-4770** and follow the instructions from there.

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 (GERD)

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 Heart Failure
1455 Fever, Age 4 and Older
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 (Labrynthitis)
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
1064 Encephalitis
1068 Guillain-Barre Syndrome
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)
1409 H1N1 Influenza (Swine Flu)
1951 Infectious Mononucleosis
1956 Tuberculosis
1965 West Nile Virus

Living Healthy

1838 Alcohol and Drug Problems
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 Healthy Lifestyle
1835 Mind-Body Connection
1833 Physical Activity
1964 Stress Relief and Relaxation Skills
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 Dilation and Curettage
2165 Ear Tubes
1538 Electrocardiogram (EKG or ECG)
1537 Electroencephalogram (EEG)
1539 Electromyogram (EMG)
2157 Episiotomy
1532 Exercise Electrocardiogram (Stress Test)
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 Attacks and 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
2006 Preventing Medical Errors
2004 Preventing Medication Errors

1801 Work in Partnership With Your Doctor
2245 Care at the End of Life
2251 Healthy Aging
2240 Hospice Care
1836 Physical Activity for Older Adults

Senior 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 Therapy
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 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 and Tubal Implants
1548 Ultrasound for Normal Pregnancy
2673 Uterine Fibroids
2643 Vaginal Yeast Infections
2757 Weaning



Be sure to keep this card with you, so can reach us toll free from anywhere in the U.S.

24/7 NurseLine

Nurses are here to help 24 hours a day, 365 days a year.