



For immediate answers  
to health questions,  
call NurseHelp 24/7  
at **(877) 304-0504**.

# Go to the ER? Or go back to sleep?

Call NurseHelp 24/7

When you've got sudden health questions and can't reach your doctor, NurseHelp 24/7<sup>SM</sup> can help. Caring registered nurses are available 24 hours a day, at no extra cost, to talk confidentially about your health concerns.\* Get reliable information about:

- Minor illnesses and injuries
- Symptoms you're experiencing
- Chronic conditions
- Medical tests and medications
- Preventive care

## Be prepared for the unexpected

Keep the NurseHelp 24/7 phone number listed above in a handy place. And register today at **[www.blueshieldca.com/hw](http://www.blueshieldca.com/hw)** to have 24-hour access to health videos, interactive wellness tools, and other useful resources that can help you get and stay healthy.

\*If you believe you need emergency care, call 911 or go directly to the nearest emergency room.

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