



24/7 NurseLine

# Peace of mind close at hand

Health concerns never take a vacation. But people do. Even if you're miles from your doctor's office, there's somewhere you can turn for support and information anytime of the day or night.

The **24/7 NurseLine** puts you in touch with a registered nurse who can help you decide how to handle a medical issue. Can the problem be treated at home? Do you need to see your doctor? Or should you head straight to the emergency room? Making the right call can help you avoid unnecessary worry and expense. And, most importantly, safeguard your health and the health of your family.

Do you speak Spanish or another language other than English? We have bilingual nurses and translators on call. Do you have difficulty hearing or speaking? TTY/TDD services are available.

If you'd rather not discuss your medical condition over the phone, you can listen to confidential recorded messages on more than 300 topics by selecting the AudioHealth Library option when you call the 24/7 NurseLine number.

## WE'RE HERE FOR YOU

For accurate answers and confidential health information  
at no additional charge to you, just call our toll-free number:  
**866-534-8434.**



This program is an additional benefit available to participants who are enrolled in the medical plans. The official plan documents, including the Summary Plan Descriptions, contain details about your eligibility and benefits, including but not limited to, procedures and exclusions under the medical plans. If there is a discrepancy between this information and your applicable Summary Plan Description (SPD), the SPD will govern. In addition, this information is not a guarantee of benefits, and Verizon retains the right to modify or terminate benefits at any time for any reason. In addition, this information is provided for educational purposes only, and should not be interpreted as medical advice. Please consult with your doctor for medical advice about changes that may affect your health and before taking any medications or beginning any lifestyle program.

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