

# Get 24/7 health advice you can trust

If you have a question, don't know how to treat a health condition or are unsure about what kind of care you need, just call Regence Advice24 at 1 (800) 267-6729. Registered nurses are there 24/7/365 to get you on the right track. **Regence Advice24 is not insurance but is offered in addition to your medical plan to help you get information and support when you need it.**

## A Regence Advice24 nurse will:

- Ask about your symptoms
- Direct you to an emergency room when necessary
- Help you decide if you should see a doctor
- Provide helpful self-care suggestions for minor injuries and illnesses
- Help you prepare for a doctor visit
- Help you understand your prescription
- Connect you with one of these program specialists if you need extra support on the call: certified diabetes educators, pharmacists, registered dietitians, respiratory therapists and social workers

## Call anytime day or night when:

- You or a covered family member is sick, hurt or needs health care advice
- You're not sure whether to go to the emergency room, make a doctor's appointment or treat your problem at home

## Regence Advice24 nurses:

- Have an average of 20+ plus years of nursing experience
- Are supported by doctors and the most advanced information systems
- Are able to assess your symptoms and help you decide on the best level of care

## Some examples of health problems you can get help with:

- Vomiting, nausea or upset stomach
- Cuts, minor burns, scrapes
- Colds, viruses, coughing
- Dizziness and headaches
- Sore throats or flu
- Back pain
- Crying or hot baby
- Just feeling bad but you don't know why



## Help by phone

Info on 5,500 health topics, plus translation services for 170+ languages and support for the hearing impaired



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。