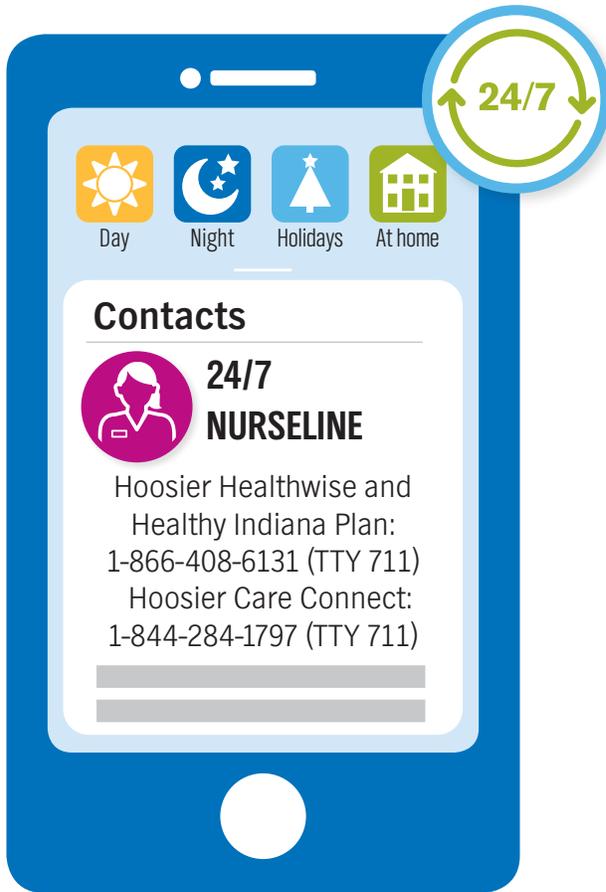


Make Health Happen

Health Tips

Get quick answers to health questions

You can get help from an experienced nurse in more than 150 languages and there's never any cost to you.



24/7 NURSELINE

Hoosier Healthwise and Healthy Indiana Plan:
1-866-408-6131 (TTY 711)
Hoosier Care Connect:
1-844-284-1797 (TTY 711)

How can the 24/7 NurseLine help me?



Nurses at the 24/7 NurseLine are there 24 hours a day. They'll answer when you can't reach your primary medical provider (PMP). When you're not sure if it's an emergency, they can help you figure out what to do or where to go. They can also answer questions about:

- Your prescriptions or over-the-counter medications.
- Your health or your child's health.
- Immunizations, or "shots."
- Getting relief from things like headaches, earaches or allergies.
- Health concerns you may be too afraid or shy to talk to your PMP about.

What questions do you have for a nurse?

You can write them down here.

1. _____
2. _____
3. _____



Serving Hoosier Healthwise, Healthy Indiana Plan and Hoosier Care Connect

Member Services or 24/7 NurseLine:

Hoosier Healthwise and Healthy Indiana Plan: 1-866-408-6131 (TTY 711)

Hoosier Care Connect: 1-844-284-1797 (TTY 711)

www.anthem.com/inmedicaid

AIN-MEM-1427-18

Health Tips

I don't feel well. Should I call the 24/7 NurseLine?

Call your PMP first. They know more about you and your health. They can tell you if you need to go to the office, or what you can do to feel better. When you can't reach your PMP, a nurse can tell you what to do to feel better, or let you know if you need to go to the emergency room.

What should I know before I call the 24/7 NurseLine?

When you call the 24/7 NurseLine, have your member ID card in hand. If you're calling for someone else, have their card out. The nurse will ask you for some information to help you get the advice you need faster.

What's an emergency?

When you or a loved one gets very sick or hurt badly, it's an emergency. It means if you don't see a physician right away, you could have serious or long-term damage to your body or you could die. It's also an emergency if a pregnant woman gets very sick or hurt so badly it could harm her unborn baby.

EMERGENCY

If you have a life-threatening illness or injury, go to the emergency room or call 911 for help.

If you have:

- Trouble breathing
- Chest pains
- Loss of consciousness
- Bad bleeding that won't stop
- Very bad burns
- Shaking, also called convulsions or seizures



IS YOUR CHILD SICK?

If you can, take their temperature before you call. The nurse will ask you for it.

My child's temperature is _____ degrees.
I took their temperature at ____:____ a.m./p.m.