



Independent Health's 24-Hour Medical Help Line

When you can't reach your doctor or your health care center is closed, you can speak to an experienced registered nurse 24 hours a day, 7 days a week for non-emergency medical issues and advice.

Call 1-888-878-9174 to speak with a nurse at Independent Health's 24-Hour Medical Help Line.*

WHAT KIND OF HELP CAN I GET FROM CALLING THE MEDICAL HELP LINE?

- Help with medical needs (non-emergency)
- Information about heart disease, asthma or diabetes
- Details about common surgeries
- Advice on how to treat a child's fever or minor injury
- Help understanding symptoms and choosing the right care
- Medicine interactions and side effects
- Health and wellness information
- Advice on choosing foods that are good for you
- Information on how to quit smoking
- Vaccinations

CHOOSING THE RIGHT CARE

Helping you get and stay healthy is our top priority. Our nurses will answer your questions and help you learn more about the treatment and procedure options available to you for different health problems and diseases. The nurse may suggest you contact your doctor so you can be seen the following day. Remember, it's important to keep your primary care physician up to date on all matters of your health.

INDEPENDENT HEALTH'S TREATMENT DECISION SUPPORT IS AVAILABLE 24/7 FOR:

Musculoskeletal

(Bone, muscle, ligament, tendon and nerve pain)

- Back pain
- Knee replacement
- Hip replacement
- Shoulder pain

Other

- Tubes in ears
- Weight loss surgery

Men's Health

- Prostate disease

Women's Health

- Breast cancer
- Heavy bleeding
- Noncancerous uterine conditions
- Possible infections
- Surgical removal of the uterus

Heart Disease

- Heart bypass

General

- Coaching on healthy lifestyle changes
- Finding community resources
- Treatment options
- Understanding and reviewing health plan information

As always, if your situation is a medical emergency, please go to the closest emergency room.

You Deserve the RedShirt Treatment.®



*Independent Health's 24-Hour Medical Help Line should not be used for diagnosis or as a substitute for a physician.