



### Need care quickly?

A nurse can offer you medical help 24 hours a day, 7 days a week by phone. Just call 877-543-5061.

If you need care and your doctor isn't available, convenient and urgent care facilities contracted with GHP are another smart, cost-conscious treatment choice.

To find urgent and convenient care locations:

- Visit [GeisingerHealthPlan.com/ProviderSearch](https://www.GeisingerHealthPlan.com/ProviderSearch).
- Call the number on the back of your member ID card.

Geisinger Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

**Attention: If you speak English, language assistance services, free of charge, are available to you. Call 800-447-4000 (PA RELAY: 711).**

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (PA RELAY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (PA RELAY: 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 800-447-4000（TTY：711）。

### [GeisingerHealthPlan.com](https://www.GeisingerHealthPlan.com)

Geisinger Health Plan may refer collectively to Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted.

GEISINGER HEALTH PLAN

**Medical  
help when  
you need it**

**Tel-A-Nurse**

**Geisinger**

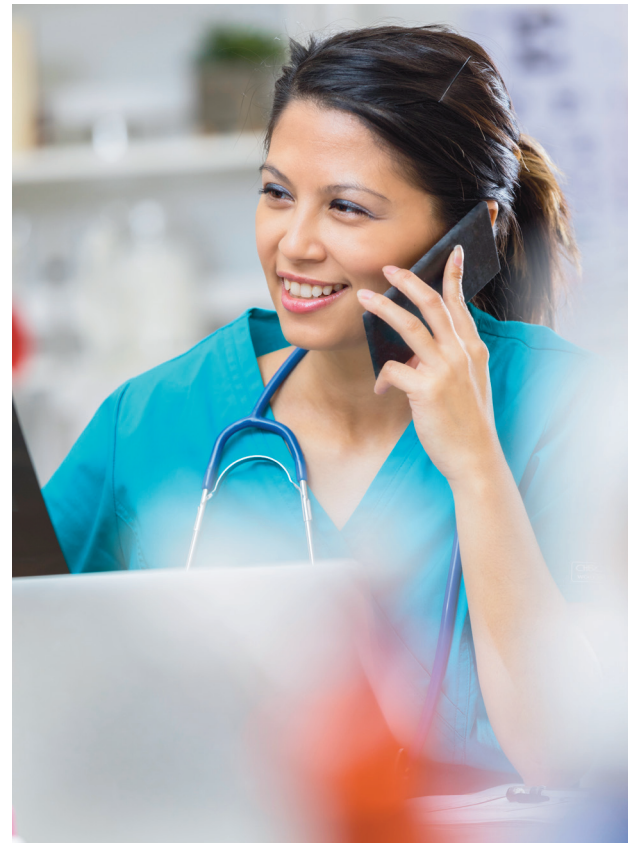
## Because your health isn't on a schedule.

You can get help with medical issues and answers to your health questions when you need them. It doesn't matter if it's the middle of the night or a holiday. Need expert medical advice that's convenient and reliable? Turn to our Tel-A-Nurse service.

## How it works

Besides your doctor, Tel-A-Nurse is a great resource for trustworthy health information. You can talk with a registered nurse 24 hours a day, 7 days a week. Getting the answers you need is as simple as making a phone call.

However, this service is not for medical emergencies or urgent needs, and should not replace your primary care provider. Use this service for health information and advice.



## What you can learn

Maybe you have a question about coughs or need health advice for your new baby. Whether it's a cold, an insect bite, arthritis pain or information on your medications, Tel-A-Nurse can help. There's a huge variety of topics we can help with, including:

- Stomach pain
- Measles
- Ulcers
- Children's bedwetting
- Hay fever
- Infant vomiting
- Asthma
- Children's fever
- Diabetes
- Mumps
- Arthritis
- Sore throat
- Heat exhaustion
- Back pain
- Burns
- Managing cholesterol
- Colds
- Managing high blood pressure
- Acid reflux
- Developing an exercise plan
- Medications
- Quitting smoking
- Medical tests
- Questions to ask your doctor
- Losing weight
- Croup

## All at no cost

There is no copay or cost for using the service. And you can speak with a nurse as many times as needed.

Discussing health issues with your provider is usually the best approach. But if your physician isn't available, the Tel-A-Nurse staff can help you determine the level of care you need. You may even be able to avoid an unnecessary trip to the emergency room.

Your health is too important to wonder about. Trust a nursing professional for convenient, reliable medical advice. Anytime.

Note: If you have a medical emergency or urgent need, call 911.

## Remember:

This is only a sampling of information available. You can talk with a nurse or use the Tel-A-Nurse Audio Library to get answers to medical questions that you don't see listed here.

## Want to know more?

- Call Tel-A-Nurse at 877-543-5061.
- Access the Audio Library via the Tel-A-Nurse phone number. This library is a compilation of recorded advice on many health topics like viral infections, nutrition and more.