



## Help! When and where you need it.

### Count on us

Your child felt fine when she went to bed. But now she's up at 3 a.m. with a fever. Or maybe you've developed an ugly rash from that poison ivy you stumbled through on your weekend hike – hundreds of miles from home.

### These things don't happen, right? And never on vacation!

Sure they do. All the time. That's why the **24/7 NurseLine** has nurses available 24 hours a day, seven days a week to speak with you about your health issues. Whether it's a question about allergies, earaches or just about any other health topic, answers and support are thwenever and wherever you need them.

### Are you a do-it-yourselfer?

Then the **AudioHealth Library** might be for you. These helpful prerecorded messages in English and Spanish cover hundreds of topics – from appendicitis to X-rays and a lot in between. Just look inside this brochure and see for yourself. And like the 24/7 NurseLine, the AudioHealth Library never closes.

### Ready when you are

Health issues don't take vacations or watch the clock. And neither does the 24/7 NurseLine. So be sure to keep the wallet card and the list of AudioHealth Library topics you'll find in this brochure handy. That way, you'll be able to get helpful health advice 24/7, any day of the year.

## 24/7 NurseLine 800-337-4770

To reach a registered nurse any time of the day or night or to access the **AudioHealth Library**, call **800-337-4770** and follow the instructions on the phone.

**Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.**



# AudioHealth Library Topics

Just want to listen in?

Call us toll free at **800-337-4770** and follow the instructions from there.

## Abdominal Problems

- 1600 Appendicitis
- 1451 Constipation
- 1618 Crohn's Disease
- 1260 Dehydration
- 1454 Diarrhea, Age 12 and Older
- 1452 Diarrhea Medications
- 1605 Diverticulosis
- 1402 Food Poisoning
- 2154 Gallbladder Surgery
- 1608 Gallstones
- 1612 Gastroesophageal Reflux Disease (GERD)

- 1610 Heartburn
- 1952 Hepatitis A
- 1827 Hepatitis C
- 1403 Hernia
- 1611 Irritable Bowel Syndrome
- 2576 Kidney Stones
- 1462 Nausea and Vomiting, Age 4 and Older

- 1609 Rectal Problems
- 1603 Ulcerative Colitis
- 1613 Ulcers
- 2257 Urinary Incontinence
- 1291 Urinary Tract Infections in Teens and Adults

## Allergies

- 2338 Allergic Reaction
- 1000 Allergies
- 2770 Drug Allergies
- 1002 Food Allergies
- 1007 What About Allergy Shots?

## Back and Neck Pain

- 1463 Herniated Disk
- 2174 Herniated Disk Surgery
- 1450 Low Back Pain
- 1457 Neck Pain

## Bone, Muscle and Joint Problems

- 2105 Ankle Sprain
- 1030 Arthritis
- 1780 Bunions
- 2102 Bursitis
- 1781 Calluses and Corns
- 2104 Carpal Tunnel Syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1031 Juvenile Rheumatoid Arthritis

- 1033 Lupus
- 2106 Muscle Cramps and Leg Pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1784 Plantar Fasciitis
- 1034 Rheumatoid Arthritis
- 2169 Rotator Cuff Disorders
- 1456 Sports Injuries
- 2151 Surgery for Carpal Tunnel Syndrome
- 2103 Tendon Injury
- 1461 TM Disorders

## Cancer

- 1105 Cancer Pain
- 1110 Colon Polyps
- 1113 Colorectal Cancer
- 1124 Lung Cancer
- 1120 Women's Cancers

## Chest, Respiratory and Circulatory Problems

- 1981 Asthma in Teens and Adults
- 1908 Atrial Fibrillation (Irregular Heartbeats)
- 1983 Bronchitis
- 1915 Cardiac Rehabilitation
- 1903 Causes of Heart Attack
- 1900 Chest Pain
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 1400 Colds
- 1907 Heart Failure
- 1455 Fever, Age 4 and Older
- 1904 Heart Attack Prevention
- 1401 Influenza (Flu)
- 1648 Laryngitis
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1986 Pneumonia
- 1406 Sinusitis
- 1459 Strep Throat
- 1081 Stroke Rehabilitation
- 1460 Swollen Lymph Nodes
- 1912 Varicose Veins
- 1407 Viral and Bacterial Infection

- 1400 Colds
- 1907 Heart Failure
- 1455 Fever, Age 4 and Older
- 1904 Heart Attack Prevention
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## Chronic Conditions

- 1060 ALS (Lou Gehrig's Disease)
- 1061 Alzheimer's Disease
- 1950 Chronic Fatigue Syndrome
- 2570 Chronic Kidney Disease
- 1063 Epilepsy

- 1953 Hepatitis B
- 1909 High Blood Pressure
- 1832 High Cholesterol
- 2550 Hypothyroidism
- 2623 Iron Deficiency Anemia
- 1959 Living with HIV Infection
- 1065 Multiple Sclerosis
- 1066 Parkinson's Disease
- 1512 Prediabetes
- 1508 Type 1 Diabetes
- 1500 Type 2 Diabetes
- 1501 Type 2 Diabetes: Living With Complications
- 1502 Type 2 Diabetes: Living With the Disease
- 1503 Type 2 Diabetes: Recently Diagnosed

## Ear, Nose and Throat

- 1264 Ear Infections
- 1640 Earwax
- 1646 Hearing Loss
- 1641 Inner Ear Infection (Labrynthitis)
- 1644 Meniere's Disease
- 1643 Swimmer's Ear
- 1560 Tonsillitis
- 1453 Vertigo

## Eye Problems

- 1709 Cataracts
- 2152 Cataract Surgery
- 1710 Color Blindness
- 1703 Contact Lenses
- 1516 Diabetic Retinopathy
- 1705 Eye Injuries
- 1700 Eye Problems
- 1717 Floaters and Flashes
- 1712 Glaucoma
- 1711 Macular Degeneration
- 1716 Nearsightedness - Radial Keratotomy
- 1708 Pink Eye
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

## First Aid and Emergencies

- 1750 Animal and Human Bites
- 1761 Burns
- 1255 Choking Rescue Procedure
- 2203 CPR and Rescue Breathing
- 1762 Cuts
- 2337 Frostbite

- 1901 Heart Attack
- 1759 Heat Exhaustion and Heat Stroke
- 2256 Hypothermia
- 1751 Insect and Spider Bites and Stings
- 1458 Nosebleeds
- 1763 Poisoning
- 1764 Puncture Wounds
- 1752 Snake Bites
- 1766 Splinters
- 1067 Stroke
- 1754 Tick Bites

## Headaches and Nervous System Problems

- 1062 Bell's Palsy
- 1515 Diabetic Neuropathy
- 1064 Encephalitis
- 1068 Guillain-Barre Syndrome
- 1405 Migraine Headaches
- 1404 Tension Headaches

## Home Health Medicines and Supplies

- 2000 Bulking Agents and Laxatives
- 2007 Cold and Allergy Remedies
- 2003 Cough Preparations
- 2002 Decongestants
- 1270 How to Take a Temperature
- 2001 Pain Relievers
- 1758 Self-Care Supplies

## Infant and Child Health

- 1250 ADHD
- 1251 Bed-Wetting
- 2753 Bottle-Feeding
- 1254 Chickenpox
- 1278 Childhood Rashes
- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1080 Dyslexia
- 2436 Fetal Alcohol Syndrome
- 1253 Fever, Age 3 and Younger
- 1267 Fifth Disease
- 1268 Growth and Development of the Newborn
- 1269 Hand-Foot-Mouth Disease
- 1837 Healthy Eating for Children
- 1272 Impetigo
- 1274 Measles

- 1275 Mumps
- 1261 Newborn Rashes and Skin Conditions
- 1280 Pinworms
- 1259 Reye's Syndrome
- 1283 Roseola
- 1284 Rubella (German Measles)
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1247 Temper Tantrums
- 1292 Thrush
- 1289 Thumb-Sucking
- 1290 Toilet Training
- 1293 Urinary Tract Infections in Children

## Infectious Diseases

- 1408 Avian Influenza (Bird Flu)
- 1409 H1N1 Influenza (Swine Flu)
- 1951 Infectious Mononucleosis
- 1956 Tuberculosis
- 1965 West Nile Virus

## Living Healthy

- 1838 Alcohol and Drug Problems
- 1841 Be Tobacco-Free
- 1831 Dietary Guidelines for Americans - 2005
- 1295 Early Disease Detection
- 1853 Healthy Eating
- 1834 Healthy Weight
- 1279 Immunizations
- 1830 Living a Healthy Lifestyle
- 1835 Mind-Body Connection
- 1833 Physical Activity
- 1964 Stress Relief and Relaxation Skills
- 2435 Teen Alcohol and Drug Abuse
- 2204 Travel Health
- 2428 Treatment for Alcohol Problems

## Medical Tests and Procedures

- 1547 Abdominal Ultrasound
- 2162 Arthroscopy
- 1540 Barium Enema
- 1534 Chest X-Ray
- 1535 Chorionic Villus Sampling (CVS)
- 1533 Complete Blood Count (CBC)
- 1536 CT Scan of the Body
- 2155 Cystoscopy
- 2156 Dilatation and Curettage
- 2165 Ear Tubes
- 1538 Electrocardiogram (EKG or ECG)
- 1537 Electroencephalogram (EEG)
- 1539 Electromyogram (EMG)
- 2157 Episiotomy
- 1532 Exercise Electrocardiogram (Stress Test)
- 2159 Hernia Surgery
- 2160 Hip Replacement
- 1506 Home Blood Sugar Monitoring
- 2163 Knee Replacement
- 2164 Laparoscopy
- 1546 Lung Function Tests

- 1542 Magnetic Resonance Imaging (MRI)
- 2503 Shared Decisions About Surgery
- 2158 Surgery for Hemorrhoids
- 2171 Tonsillectomy and Adenoidectomy
- 1541 Upper Gastrointestinal (GI) Series

## Men's Health

- 2034 Benign Prostatic Hyperplasia (Enlarged Prostate)
- 2032 Erection Problems
- 2031 Hair Loss
- 2036 Male Genital Problems and Injuries
- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen (PSA) Test
- 2167 TURP for Enlarged Prostate
- 2173 Vasectomy - Permanent Sterilization

## Mental Health Problems and Mind-Body Wellness

- 2052 Anorexia Nervosa
- 1069 Bipolar Disorder
- 2053 Bulimia Nervosa
- 1240 Child Abuse and Neglect
- 1071 Dementia
- 2057 Depression
- 1230 Domestic Violence
- 2059 Grief
- 2051 Obsessive-Compulsive Disorder
- 2055 Panic Attacks and Panic Disorder
- 1070 Schizophrenia
- 2063 Social Anxiety Disorder
- 1845 Stress
- 2066 Suicide

## Partnership With Your Doctor

- 1202 Caregiver Tips
- 1802 Finding a Doctor Who Will Be a Partner
- 1800 Making Wise Health Decisions
- 2006 Preventing Medical Errors
- 2004 Preventing Medication Errors

- 1801 Work in Partnership With Your Doctor
- 2245 Care at the End of Life
- 2251 Healthy Aging
- 2240 Hospice Care
- 1836 Physical Activity for Older Adults

## Senior Health

- 2245 Care at the End of Life
- 2251 Healthy Aging
- 2240 Hospice Care
- 1836 Physical Activity for Older Adults
- 2600 Birth Control
- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 1957 HIV Infection and AIDS
- 1848 Sexually Transmitted Diseases
- 2311 Syphilis
- 2315 Trichomoniasis

## Skin Problems

- 2330 Acne
- 2336 Atopic Dermatitis
- 1755 Blisters
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2346 Fungal Nail Infections
- 2261 Ingrown Toenail
- 1273 Lice
- 2344 Psoriasis
- 2343 Rashes
- 1296 Scabies
- 2349 Shingles
- 1129 Skin Cancer, Melanoma
- 1130 Skin Cancer, Nonmelanoma
- 2352 Sunburn
- 2353 Warts

## Sleeping Disorders

- 2400 Insomnia
- 2403 Sleep Apnea
- 2406 Snoring

## Women's Health

- 2702 Abortion
- 2714 Amniocentesis
- 2640 Bacterial Vaginosis
- 1531 Breast Biopsy

- 2751 Breast-Feeding
- 2720 Cesarean Section
- 2752 Complications After Delivery
- 2704 Danger Signs During Pregnancy
- 2708 Diet During Pregnancy
- 2675 Dysfunctional Uterine Bleeding
- 2672 Endometriosis
- 2709 Exercise During Pregnancy
- 2677 Functional Ovarian Cysts
- 1504 Gestational Diabetes
- 2701 Home Pregnancy Test
- 2651 Hormone Replacement Therapy
- 2700 How to Have a Healthy Baby
- 2674 Hysterectomy
- 2033 Infertility
- 2754 Labor, Delivery and Postpartum Period
- 1107 Mammogram
- 2755 Mastitis While Breast-Feeding
- 2650 Menopause and Perimenopause
- 2678 Menstrual Cramps
- 2717 Miscarriage
- 2670 Missed or Irregular Periods
- 1211 Multiple Pregnancy: Twins or More
- 2705 Pregnancy
- 1111 Ovarian Cancer
- 1544 Pelvic Exam and Pap Test
- 2312 Pelvic Inflammatory Disease
- 2723 Pelvic Organ Prolapse
- 1112 Polycystic Ovary Syndrome
- 2750 Postpartum Depression
- 2426 Precautions During Pregnancy
- 2724 Premenstrual Syndrome (PMS)
- 2756 Rh Sensitization During Pregnancy
- 2710 Rubella and Pregnancy
- 2039 Sexual Dysfunction in Women
- 2719 Stretch Marks
- 2707 Symptoms and Stages of Labor
- 2706 Symptoms and Stages of Pregnancy
- 2680 Toxic Shock Syndrome
- 2172 Tubal Ligation and Tubal Implants
- 1548 Ultrasound for Normal Pregnancy
- 2673 Uterine Fibroids
- 2643 Vaginal Yeast Infections
- 2757 Weaning



Be sure to keep this card with you, so can reach us toll free from anywhere in the U.S.

# 24/7 NurseLine

Nurses are here to help 24 hours a day, 365 days a year.