

# Telephonic Nurse Support

## Your convenient resource for health care questions.

Coping with health concerns can be time-consuming and complex. With so many choices, it can be hard to know where to look for information and support.

Telephonic Nurse Support was designed specifically to help make your health decisions simple and convenient by providing:

- Quick answers to your health questions any time, anywhere – 24 hours a day, 7 days a week.
- Access to registered nurses with clinical experience.
- Information to guide your health care decisions.

## When you call, a registered nurse can help you:

### Learn about conditions and treatment options.

- Understand a wide range of symptoms.
- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.
- Determine what type of care may be right for your needs.

### Choose a healthcare provider.

- Find doctors or hospitals that meet your needs.
- Locate an urgent care center and other health resources in your area.

### Learn about healthy living.

- Get tips on how nutrition and exercise can help you maintain a healthy weight.
- Learn about important health screenings and immunizations.

## Registered nurses are available any time, day or night.

Call this service any time for health information and support – all at no additional cost to you.



Call Telephonic Nurse Support  
**1-877-365-7949**

TDD/TTY callers, please call 711 and ask for the number above.

## Online resources.

As a member, you also have access to a wealth of information online. Visit today for health and well-being news, tools, resources and more.



[UHCRetiree.com/NMRHCA](https://UHCRetiree.com/NMRHCA)



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.