

24/7 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.

24/7 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 health care 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 24/7 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.

retiree.uhc.com/NMRHCA



This program 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 your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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.