

Live Well!

Nurse Assist

The Nurseline is available 24 hours a day to provide health advice and information concerning you and your family. The Nurseline is staffed by registered nurses who have an average of 20 years experience and encourage patient self-care in areas including:

- **Treating common conditions at home**
- **Education about warning signs indicating that medical attention should be sought**
- **Coaching you or a family member on managing a new or chronic condition**
- **Counseling on healthy habits and risk reduction (such as tobacco cessation and weight control)**

Reliable health information is just a phone call away!

The Nurseline is not a substitute for medical attention. If you have an emergency medical condition, please call 911.

To Access Services call: **866-831-2181**

- **Speak to a registered nurse**
- **Arrange for a confidential visit with a professional EAP counselor**
- **Request a telephonic work/life consultation**
- **Receive assistance with on-line resources**

Nurseline & crisis services available 24 hours a day, 7 days a week.

