



24-Hour Nurse Information Line and HealthLine Audiotape Library

Have health questions?

Easy access to health information
is just a phone call away!

Health concerns don't follow a 9 to 5 weekday schedule. Sometimes you need answers to your health questions right away — and that can be the middle of the night or while you're away on vacation. That's why the **24-Hour Nurse Information Line** is there for you and your family 24 hours a day, seven days a week.

Call toll-free at **1-800-700-9184**, TTY users can call **1-800-368-4424**, and **Press 2** to speak to a registered nurse for assistance about a health situation or just to hear a reassuring voice. Isn't it nice to know you can get accurate, confidential answers to your health questions right away?

Or is there a sensitive topic you'd like to know more about? That's no problem. If you prefer, you can call and listen to recorded messages about hundreds of health-related topics in English and Spanish by accessing the **HealthLine Audiotape Library**. See the next page for a full list of topics that are available 24 hours a day.

A health plan with a Medicare contract.

HealthLine Audiotape Library

- To reach the AudioHealth Library, just call **1-800-700-9184**, TTY users can call **1-800-368-4424** and **Press 3**.
- Enter the 4-digit topic number followed by the # sign. See the list of topics in this brochure.

Abdominal Problems

- 1600 Appendicitis
- 1451 Constipation
- 1618 Crohn's Disease
- 1260 Dehydration
- 1452 Diarrhea
- 1605 Diverticulosis and Diverticulitis
- 1402 Food Poisoning
- 1608 Gallbladder Disease
- 2154 Gallbladder Surgery
- 1612 Gastroesophageal Reflux Disease
- 1610 Heartburn
- 1952 Hepatitis
- 1403 Hernia
- 1603 Inflammatory Bowel Disease
- 1611 Irritable Bowel Syndrome
- 2576 Kidney Stones
- 1462 Nausea and Vomiting
- 1609 Rectal Problems
- 1613 Ulcers
- 2257 Urinary Incontinence in Women
- 1291 Urinary Tract Infections

Allergies

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

Back and Neck Pain

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

Bone, Muscle and Joint Problems

- 1030 Arthritis

- 1780 Bunions
- 2103 Bursitis and Tendon Injury
- 1781 Calluses and Corns
- 2104 Carpal Tunnel Syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1784 Heel Spurs
- 1031 Juvenile Rheumatoid Arthritis
- 1033 Lupus
- 2106 Muscle Cramps and Leg Pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1034 Rheumatoid Arthritis
- 2169 Rotator Cuff
- 1456 Sports Injuries
- 2105 Strains, Sprains, Fractures and Dislocations
- 2151 Surgery for Carpal Tunnel Syndrome
- 1461 TM Disorder

Cancer

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

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
- 1980 Emphysema
- 1455 Fever
- 1904 Heart Attack Prevention
- 1401 Influenza (Flu)
- 1648 Laryngitis
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1986 Pneumonia
- 1406 Sinusitis
- 1459 Sore Throat and Strep Throat
- 1081 Stroke Rehabilitation
- 1460 Swollen Lymph Nodes
- 1912 Varicose Veins
- 1407 Viral and Bacterial Infection

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
- 2623 Iron Deficiency Anemia
- 1959 Living with HIV Infection
- 1065 Multiple Sclerosis
- 1066 Parkinson's Disease
- 1512 Prediabetes
- 2550 Thyroid Problems
- 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

- 1516 Diabetic Retinopathy
- 1453 Dizziness and Vertigo
- 1264 Ear Infections
- 1640 Earwax
- 1646 Hearing Loss
- 1641 Inner Ear Infection (Labrynthitis)
- 1644 Meniere's Disease
- 1643 Swimmer's Ear
- 1650 Tonsillitis

Eye Problems

- 1700 Eye Problems
- 2152 Cataract Surgery
- 1709 Cataracts
- 1710 Color Blindness
- 1703 Contact Lens Care
- 1708 Eye Infections
- 1705 Eye Injuries
- 1717 Floaters and Flashes
- 1712 Glaucoma
- 1711 Macular Degeneration
- 1716 Laser Surgery for Nearsightedness
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

First Aid and Emergencies

- 1750 Animal and Human Bites
- 1761 Burns
- 1255 Choking
- 1762 Cuts
- 2337 Frostbite
- 1901 Heart Attack
- 1759 Heat Exhaustion and Heat Stroke
- 2256 Hypothermia
- 2203 Importance of CPR Instructions
- 1751 Insect and Spider Bites and Stings

- 1458 Nosebleeds
- 1763 Poisoning
- 1764 Puncture Wounds
- 1766 Removing Splinters
- 1752 Snake Bites
- 1067 Stroke
- 1754 Tick Bites

Headaches and Nervous System Problems

- 1062 Bell's Palsy
- 1515 Diabetic Neuropathy
- 1068 Guillain-Barré Syndrome
- 1064 Encephalitis
- 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
- 1261 Diaper Rash
- 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

- 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)
- 1951 Infectious Mononucleosis
- 1956 Tuberculosis
- 1965 West Nile Virus

Living Healthy

- 1279 Immunizations
- 1295 Health Screenings
- 1830 Living a Balanced Lifestyle
- 1831 Guidelines for Eating Well
- 1833 Be Physically Active
- 1834 Healthy Weight
- 1835 Mind-Body Connection
- 1838 Alcohol and Drug Problems
- 1841 Be Tobacco-Free
- 1846 Managing Stress
- 1853 Healthy Snacks
- 1964 Relaxation Skills
- 2204 Accident and Injury Prevention
- 2428 Treatment for Alcohol Use Problems
- 2435 Teen Alcohol and Drug Abuse

Medical Tests and Procedures

- 1506 Home Blood Sugar Monitoring
- 1532 Exercise Electrocardiography
- 1533 Complete Blood Count (CBC)
- 1534 Chest X-ray



- 1535 Chorionic Villus Sampling
- 1536 CT Scan of the Body
- 1537 Electroencephalogram
- 1538 Electrocardiogram
- 1539 Electromyography (EMG)
- 1540 Barium Enema
- 1541 Upper Gastrointestinal (GI) Series
- 1542 Magnetic Resonance Imaging
- 1546 Lung Function Tests
- 1547 Abdominal Ultrasound
- 2155 Cystoscopy
- 2156 Dilation and Curettage
- 2157 Episiotomy
- 2158 Surgery for Hemorrhoids
- 2159 Hernia Surgery
- 2160 Hip Replacement Surgery
- 2162 Arthroscopy
- 2163 Knee Replacement Surgery
- 2164 Laparoscopy
- 2165 Ear Tubes
- 2171 Tonsillectomy and Adenoidectomy
- 2503 Shared Decisions about Surgery

Men's Health

- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen Test (PSA Test)
- 2031 Hair Loss
- 2032 Erection Problems
- 2034 Benign Prostatic Hyperplasia (Enlarged Prostate)
- 2036 Testicular Problems
- 2167 TURP for BPH
- 2173 Vasectomy

Mental Health Problems and Mind-Body Wellness

- 1069 Bipolar Disorder
- 1070 Schizophrenia
- 1071 Dementia
- 1230 Domestic Violence
- 1240 Child Maltreatment
- 1845 Stress Management
- 2051 Obsessive-compulsive Disorder
- 2052 Eating Disorders
- 2055 Panic Attacks and Panic Disorder
- 2057 Depression
- 2059 Grief
- 2063 Social Anxiety Disorder
- 2066 Suicide

Partnership with Your Doctor

- 1201 Patients Bill of Rights
- 1202 Caregiver Secrets
- 1800 Skills for Making Wise Health Decisions
- 1801 Work in Partnership with Your Doctor
- 1802 Finding a Doctor Who Will be a Partner

Senior Health

- 1836 Seniors Staying Active and Fit
- 2004 Medication Problems in Seniors
- 2006 Medications and Older Adults
- 2240 Hospice Care
- 2245 Care at the End of Life
- 2251 Nutrition for Older Adults

[continued on back page]

2261 Skin and Nail Problems in Seniors

Sexual Health

1848 Sexually Transmitted Diseases
 1957 HIV Infection and AIDS
 2307 Chlamydia
 2308 Genital Herpes
 2309 Genital Warts
 2310 Gonorrhea
 2311 Syphilis
 2315 Trichomoniasis
 2600 Birth Control

Skin Problems

1129 Skin Cancer
 1273 Lice and Scabies
 1755 Blisters
 1785 Ingrown Toenails
 2330 Acne
 2332 Boils
 2333 Cold Sores
 2334 Dandruff
 2336 Atopic Dermatitis

2338 Hives
 2343 Rashes
 2344 Psoriasis
 2346 Fungal Infections
 2349 Shingles
 2352 Sunburn
 2353 Warts

Sleeping Disorders

2400 Sleep Problems
 2403 Sleep Apnea
 2406 Snoring

Women’s Health

1107 Breast Health
 1111 Ovarian Cancer
 1112 Polycystic Ovary Syndrome
 1211 Multiple Pregnancy: Twins or More
 1504 Gestational Diabetes
 1531 Breast Biopsy
 1544 Pelvic Exam and Pap Test
 1548 Ultrasound for Normal Pregnancy
 2033 Infertility

2039 Sexual Dysfunction in Women
 2172 Tubal Ligation and Tubal Implants
 2312 Pelvic Inflammatory Disease
 2426 Pregnancy, Precautions During
 2640 Bacterial Vaginosis
 2643 Yeast Infections
 2650 Menopause
 2651 Hormone Therapy
 2670 Missed or Irregular Periods
 2672 Endometriosis
 2673 Uterine Fibroids
 2674 Hysterectomy
 2675 Bleeding Between Periods
 2677 Functional Ovarian Cysts
 2678 Menstrual Cramps
 2679 Dysfunctional Uterine Bleeding
 2680 Toxic Shock Syndrome
 2700 How to Make a Healthy Baby
 2701 Home Pregnancy Test
 2702 Abortion

2704 Danger Signs during Pregnancy
 2705 Normal Pregnancy
 2706 Symptoms and Stages of Labor
 2708 Diet during Pregnancy
 2709 Exercise during Pregnancy
 2710 Rubella and Pregnancy
 2714 Amniocentesis
 2717 Miscarriage
 2719 Stretch Marks
 2720 Cesarean Section
 2723 Pelvic Organ Prolapse
 2724 Premenstrual Syndrome
 2725 Pregnancy, Symptoms and Stages of
 2750 Postpartum Depression
 2751 Breast Feeding
 2752 Complications after Delivery
 2754 Labor, Delivery, and Postpartum Period
 2755 Mastitis While Breast-feeding
 2756 Rh Sensitization during Pregnancy
 2757 Weaning

The information contained in this program is for general guidelines only. Your doctor will be specific regarding recommendations for your individual circumstances. Trade names of commonly used medications and devices are provided for ease of education but are not intended as particular endorsement. Your doctor may choose to use items not represented here. Recommended treatments may not be covered under your health plan.

Vendors in the Value Added Programs and their offers are subject to change without prior notice. We do not endorse and are not responsible for the products, services or information provided by the vendors. Services and supplies accessed through this program are NOT a part of your health coverage. Please refer to your schedule of benefits for coverage details. Information is being provided for educational purposes only and should not be considered medical advice or treatment. Please consult your doctor for advice about changes that could affect your health or lifestyle.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia (excluding the City of Fairfax, the Town of Vienna and the area east of State Route 123.): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin (“BCBSWi”), which underwrites or administers the PPO and indemnity policies; Compcare Health Services Insurance Corporation (“Compcare”), which underwrites or administers the HMO policies; and Compcare and BCBSWi collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ® ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.