

# HealthLineBlue<sup>SM</sup>

## Answers to your health questions<sup>1</sup> 24-hour support for better health decisions

### Assistance from a specially trained nurse

Your child has a fever. What are your options? Your doctor has recommended surgery. Do you know what to expect? With Health Line Blue, the answers are available **24 hours a day, 7 days a week.**

Our specially trained Health Line Blue nurses can answer your medical questions, offer support and send you free educational videotapes and brochures on many health topics, when appropriate. They can also help you partner with your doctor to make informed care decisions and assist you in navigating the health care system.

### Phone and online access to resources

You can access Health Line Blue toll free at **1-877-477-2424** or online at [bcbsnc.com](http://bcbsnc.com). Explore the Dialog Center to search the Healthwise<sup>®1</sup> Knowledgebase library of current health information, send secure messages to Health Line Blue nurses, track symptoms and medications, and discover tools to guide you through important health care decisions.

HOW  
CAN WE  
HELP?

For more information about Health Line Blue, call **1-877-477-2424** or visit [bcbsnc.com](http://bcbsnc.com).

### Health Line Blue can help you get information about:

- + Back pain
- + Colds and flu
- + Earaches
- + Heart disease
- + Heartburn / acid reflux
- + Joint replacement
- + Medications
- + Preparation for a doctor's visit
- + Surgical decisions
- + Weight management
- + And more!

1 Blue Cross and Blue Shield of North Carolina (BCBSNC) has contracted with Health Dialog Services Corporation to bring you Health Line Blue. BCBSNC provides Health Line Blue for your convenience and is not liable in any way for the information, goods or services received. BCBSNC reserves the right to discontinue or change the program at any time. Decisions regarding your care should be made with the advice of your doctor. Due to specific contracts, selected programs will not be participating in Health Line Blue at this time. Contact your benefits administrator or BCBSNC Customer Service to determine your eligibility.

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## HealthLineBlue<sup>SM</sup>

BCBSNC.COM

24-hour health information  
from specially trained nurses

**1-877-477-2424**

BlueCross BlueShield  
of North Carolina

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Your plan for better health.<sup>SM</sup> | [bcbsnc.com](http://bcbsnc.com)



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of North Carolina**