

24/7 assistance from a  
specially-trained nurse

Fast answers to your  
health questions

Free health  
education information



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the Web today”

[bcbsnc.com](http://bcbsnc.com)

#1 health care brand  
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# HEALTHLINE **Blue**

24-hour health information resource

Innovative health care designed around you.™ | [bcbsnc.com](http://bcbsnc.com)



**BlueCross BlueShield  
of North Carolina**

# HEALTHLINE Blue



Another advantage of membership. All you need is the card...



## What you get with Health Line Blue...

### Round the clock answers to your health questions

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 just a phone call or click away 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. They can also help you partner with your doctor to make informed care decisions and assist you in navigating the health care system.

- 24/7 answers from a specially-trained nurse
- Free educational resources

### Phone and online access

You can access Health Line Blue through the toll-free number or online in the Blue Extras<sup>SM</sup> section of [bcbsnc.com](http://bcbsnc.com). Access the Dialog Center to search the Healthwise<sup>®</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 healthcare decisions.

- Phone – 1-877-477-2424
- Online – [bcbsnc.com](http://bcbsnc.com)

For more information on Health Line Blue, call **1-877-477-2424** or visit the Blue Extras<sup>SM</sup> section of [bcbsnc.com](http://bcbsnc.com).

Contact Health Line Blue to receive information on:

- Back pain
- Carpal tunnel syndrome
- Cold and flu
- Earaches
- Heart disease
- Heartburn/Acid reflux
- Joint replacement
- Medications
- Men's health
- Preparation for a doctor's visit
- Surgical decisions
- Weight management
- Women's health
- And more!

## HEALTHLINE Blue<sup>SM</sup>

24 hour health information from specially trained nurses, any time of the day or night.

# 1-877-477-2424

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BlueCross BlueShield of North Carolina

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