

Audio Health Library

The Audio Health Library provides access to hundreds of prerecorded messages on an array of health care topics ranging from the common cold to heart disease. Each message is about three to five minutes long.

Access hundreds of health care topics with the touch of a button.

It's so simple. Just dial the toll-free number and follow the prompts. You must enter a code for each health topic.

1-800-679-9874

Audio Health Topics

Below is a sampling of health topics you can find within the Audio Health Library:

- 1032 Osteoporosis
- 1107 Mammogram
- 1113 Colorectal Cancer
- 1500 Type 2 Diabetes (TD2)
- 1501 T2D: Living With Complications
- 1502 T2D: Living With the Disease
- 1503 T2D: Recently Diagnosed
- 1506 Home Blood Sugar Monitoring
- 1508 Type 1 Diabetes
- 1516 Diabetic Retinopathy
- 1712 Glaucoma
- 1800 Making Wise Health Decisions
- 1801 Work In Partnership With Your Doctor
- 1832 High Cholesterol
- 1836 Physical Activity for Older Adults
- 1909 High Blood Pressure (Hypertension)
- 2057 Depression
- 2251 Healthy Aging

For a complete list of topics, please visit:

www.icarehealthplan.org

Nurse Advice Line



Available 24 hours a day, 7 days a week.

Health Information

24 hours a day, 7 days a week

Nurse Advice Line

1-800-679-9874

iCare
INDEPENDENT CARE HEALTH PLAN

**Call Nurse
Advice Line
today!**

Reliable health information is a phone call away – just call the toll-free number!

It's simple - just call the toll-free number!

1-800-679-9874

Now you can talk to a Registered Nurse any time, day or night. A caring professional can help you make informed decisions about your health. Nurse Advice Line can give you peace of mind and help when you:

- Wonder whether you need to make an appointment.
- Need information about medications, medical tests, or procedures.
- Want to learn how to take care of a new or chronic condition.
- Want to find ways to talk more effectively with your healthcare provider.
- Have questions about how you or your family can stay healthy.

You can call 24 hours a day, 7 days a week!



Asking Questions

Staying healthy starts by asking questions and getting up-to-date information. When you need answers, Nurse Advice Line is there for you. No question is too simple or too complex. Our Registered Nurses can answer questions such as:

"I just got back from a camping trip and noticed a weird bull's eye rash on my leg. Should I be worried?"

"Everyone at work is sick. Now I have a cough. Could it be H1N1?"

"My mother had high blood pressure. Does it run in families? How would I know if I have it?"

Nurse Advice Line provides the most current information to help you make the most important decisions.

Complex Decisions

Some health problems are more complicated than others. Our nurses offer personal support. They can help you understand risk factors and treatment options. They work with you so that you and your healthcare provider can make the best decisions for your lifestyle.

"I have just been diagnosed with breast cancer. What is the best treatment option for me?"

"I was told I need a liver biopsy. What will this involve? Do I have to go to the hospital? Will I be able to drive myself home afterwards?"

"My father was just prescribed a new medication and now he's feeling dizzy. Could that be a side effect?"

Research shows that patients who are more informed make better decisions and have better results.



Please Note: Nurse Advice Line is not a substitute for medical attention. Our Registered Nurses cannot provide diagnoses or treatment. If you have an emergency medical condition, please call 911 or your local emergency medical services number.