

CallLink nurses take the stress out of choosing the right health care

Being diagnosed with a health condition can be stressful and overwhelming. So can wading through the various treatment options you may be given. It can be hard to know where to turn, or who to ask for help when deciding what's best for your situation.

Fortunately, you have a resource right at your fingertips that can help you understand your condition and make smart treatment decisions. Call the **Medica® CallLink®** nurse line to talk with a registered nurse who can give you information about your condition and explain the various treatment options.

CallLink nurses can help take some of the stress out of choosing the right health care for your situation.

Simply call **1-800-962-9497** to speak with a nurse any time you need help:

- Choosing appropriate care and understanding treatment options
- Finding an in-network doctor or hospital recognized for providing quality care
- Understanding medications and how to save on prescriptions
- Making and maintaining healthy lifestyle changes
- Learning what tests and screenings you should have

And remember, **Medica CallLink** nurse line is available at no cost to you!¹

Source: January 2008 Medica Optum CallLink/nurse line article
¹If available through your employer.

Medica CallLink nurse line

24 hours a day, 7 days a week

1-800-962-9497

TTY callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

"I always call Medica CallLink nurse line before I go to the doctor. The nurse helps me make a list of questions to ask. Now I leave the office with the information I need."

Here are more ways to get the health information you need

"Chat" live with a nurse about your health issues at myMedica.com. Simply log on and go to *Health Topics and Tools>Ask a Professional>Start Live Nurse Chat*. You will need your Medica ID card the first time you visit the site.

Browse the latest news and information about more than 1,000 health topics. Visit the Medica Web site at medica.com and click on the *Health and Wellness Resources by HealthForums.com* link.

QUICK TIP

The Medica CallLink nurse line number is listed on the back of your ID card. Keep the number by your phone for those times when you need the advice of a professional.

Need help making health care decisions?

Coping with health concerns can be time-consuming and complex. And, with so many choices, it can be hard to know where to look for trusted information and support.

That's why Medica® offers you the CallLink® nurse line – to give you peace of mind with:

- Immediate answers to your health questions any time, from anywhere – 24 hours a day.
- Access to caring registered nurses who have an average of 15 years' clinical experience.
- Trusted, physician-approved information to guide your health care decisions.

When you call, a caring nurse can help you:

Choose appropriate medical care.

- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

Find a doctor or hospital.

- Find doctors or hospitals that meet your needs and preferences.
- Locate an urgent care center and other health resources.

Understand treatment options.

- Learn more about a diagnosis.

- Explore the risks, benefits and possible outcomes of your treatment options.

Achieve a healthful lifestyle.

- Get tips on how nutrition and exercise can help you maintain a healthful weight.
- Learn about important health screenings and immunizations.

Ask medication questions.

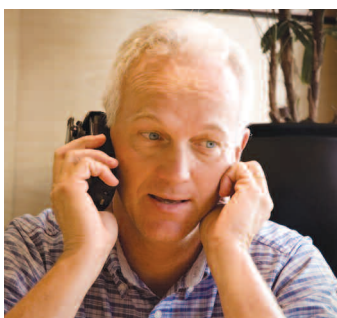
- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.

Looking for information on a certain health topic? Use **Medica's Health Information Library**. Just call 1-800-962-9497, press "2" to reach the library, then enter pin "438" and say the name of the topic you want information on.

Call a **Medica CallLink** nurse line nurse any time for health information and support—all at no cost to you!¹

For informational purposes only. Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care

*Source: January 2008 CallLink/nurse line article
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"I do heavy lifting at work and I had another backache. The nurse had good ideas for easing the pain, but he also gave me tips on preventing the next backache."

"When my kids get sick, I can't help but panic. I used to run to the emergency room. Now, I call Medica CallLink nurse line first – the nurse helps me figure out if it is really an emergency."

Discover all the valuable health and wellness resources for you at medica.com/managemyhealth