

NurseHelp 24/7

Talk to a registered nurse any time day or night, seven days a week on the phone or online. Experienced nurses are ready to listen, answer questions, and provide you with information to help you make informed decisions and choose the care that's most appropriate.

They offer:

- **Health information:** About health conditions, treatment options, types of care, and preparation for doctor appointments.
- **Self-care tips:** Helpful tips for taking care of minor injuries such as a twisted ankle, or common illnesses like colds and the flu.
- **Lifestyle counseling:** Resources and information about healthy habits, including diet and exercise.

You can use this convenient service whenever you need it. Just call **(877) 304-0504**. You can also chat online with a registered nurse by registering at **blueshieldca.com** and going to the *Health & Wellness* section.