



Independent Health's 24-Hour Medical Help Line Call 1-888-878-9174

Access to experienced registered nurses 24 hours a day,
7 days a week for non-emergency medical issues and advice.

WHAT KIND OF HELP CAN I GET FROM CALLING THE MEDICAL HELP LINE?

- Help with medical needs
- Information about heart disease, asthma or diabetes
- Details about common surgeries
- Advice on how to treat a child's fever or minor injury
- Help understanding symptoms and choosing the right care
- Medicine interactions and side effects
- Health and wellness information
- Advice on choosing foods that are good for you
- Information on how to quit smoking
- Vaccinations



CHOOSING THE RIGHT TREATMENT

Our nurses can help you learn more about the treatment and procedure options available to you for different health problems and diseases. They'll also give you information to speak to your doctor about when deciding what kind of treatment is best for you.

Always let your doctor know of any changes to your health.





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INDEPENDENT HEALTH'S TREATMENT DECISION SUPPORT IS AVAILABLE 24/7 FOR:

Musculoskeletal

(Bone, muscle, ligament, tendon and nerve pain)

- Back pain
- Knee replacement
- Hip replacement
- Shoulder pain

Men's Health

- Prostate disease

Women's Health

- Breast cancer
- Heavy bleeding
- Noncancerous uterine conditions
- Possible infections
- Surgical removal of the uterus

Heart Disease

- Heart bypass
- Weight loss surgery

Other

- Tubes in ears
- Weight loss surgery

General

- Coaching on healthy lifestyle changes
- Finding community resources
- Treatment options
- Understanding and reviewing health plan information



At Independent Health, we care about you. That's why we offer a variety of programs to help you build a healthier life. For more information, talk with your doctor and visit us online at independenthealth.com.
