

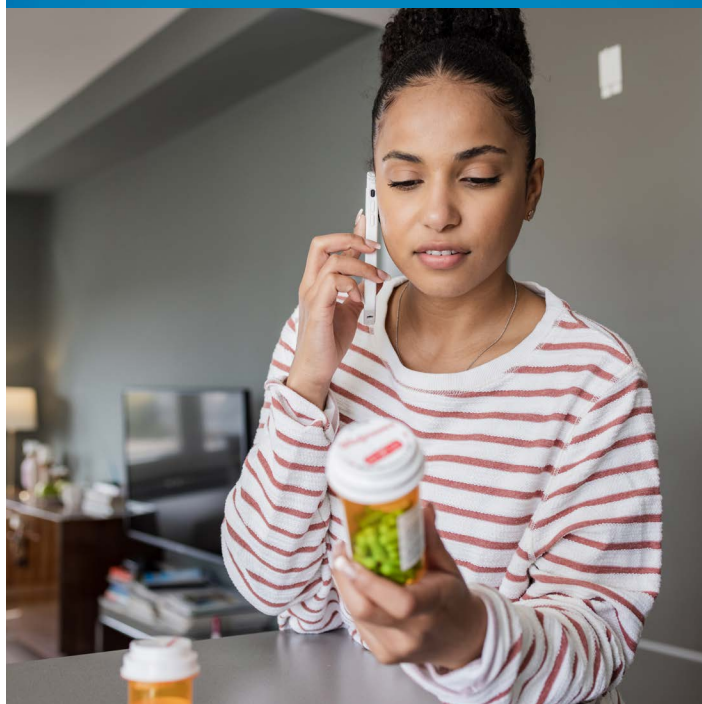


Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

bcbsm.com

24-Hour Nurse Line

Here for you day and night



**READY
TO HELP**



Health concerns don't keep business hours and neither do we. You can talk to a registered nurse for free, 24/7, from anywhere in the U.S.



Answers, care and comfort

Need help with a minor illness, but your doctor isn't available? Don't worry. We're ready to help. Contact the 24-Hour Nurse Line to talk to a registered nurse for:

- Quick answers to health care questions
- Guidance on symptoms
- Help with non-urgent concerns, such as cold or flu symptoms, sinus pain or minor injuries and illnesses
- Support with chronic conditions, such as asthma, diabetes and high blood pressure
- Direction on the right care options — whether to self-care, see a doctor or head to the emergency room
- Medication information and safety tips
- Peace of mind from qualified medical professionals



Phone

Keep these numbers handy to talk to a nurse 24/7.

- Blue Cross members
1-844-811-8460
- Blue Care Network members
1-855-624-5214



Online

You may also submit your questions online and receive a response within 24 hours.

1. Log in to your member account at bcbsm.com.
2. Click *Find Care*.
3. Click *Choices for Care*.
4. Click *24 Hour Nurse Line*.
5. Scroll down to *Email a Nurse*. First time users click *Register now*. Returning users click *Log in*.

More than **96%** of members who call the nurse line are satisfied with the experience.

