



An Anthem Company

# Get round-the-clock peace of mind

## 24/7 NurseLine has you covered anytime, anywhere

Whether it's 3 a.m. or a lazy Sunday afternoon with the family, health issues can crop up at the most inconvenient times and places.

What if you had a nurse in your back pocket – someone knowledgeable you could talk to any time of the day or night, 365 days a year?

That's why Empire BlueCross BlueShield (Empire) offers 24/7 NurseLine, a resource you call when life throws you a curve ball.

While 24/7 NurseLine may be your first line of defense for the unexpected, it's also part of Empire's whole-health approach. The registered nurses can help you with your baby's fever, give you allergy relief tips and advise you where to go for care.



### They can also:

- Help you find providers and specialists in your area.
- Give you referrals to LiveHealth Online, a tool that allows you to have live video chats with board-certified doctors using a smartphone, tablet or computer and webcam.\*
- Enroll you and your dependents in valuable health management programs for certain health conditions.
- Remind you about scheduling important screenings and exams, including dental and vision checkups.
- Provide guidance during natural catastrophes and health outbreaks.
- Offer links to health-related educational videos or audio topics.

24/7 NurseLine can connect you to Empire's other health and wellness programs, so you have access to the best resources for the best health results.

**Got health questions?**  
Answers are at your fingertips.  
Add 800-337-4770 to your  
contacts today!