

Get the answers and support you deserve to make informed decisions.

Whenever you have a question, you can speak with registered nurses and master's-level counselors who can help with many problems, ranging from medical and family matters to personal, legal, financial and emotional needs. Seven days a week, 24 hours a day, one toll-free phone number gives you access to experienced professionals, including:

- · Registered nurses
- Master's-level counselors
- Legal and financial professionals
- Community resources

When you call the same toll-free number, you can listen to audio messages on more than 1,100 health and well-being topics, including:

- Childhood illnesses
- Minor illnesses and injuries
- Medication safety
- Relationship worries
- Choosing appropriate medical care
- Stress and anxiety
- Coping with grief and loss
- Personal, legal and financial issues
- Self-care information
- Help finding a doctor
- Information on medications
- General health information

Nurses or counselors are available 24 hours a day, seven days a week.

Care24®



For more information, call:

1-888-887-4114

myuhc.com

TTY callers, please call 711 and ask for the number above.



Scan this code to learn more.



This program is not a substitute for a doctor's or professional's care. This service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.