



# 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.**

