

Independent Health's 24-Hour Medical Help Line

CALL 1-800-501-3439

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

Call 1-800-501-3439 and ask for the 24-Hour Medical Help Line.

What types of situations can I call the Medical Help Line about?

- > Help with urgent medical needs
- > Medical questions and advice relating to conditions such as heart disease, asthma or diabetes
- > Explanation of common surgeries and procedures
- > Advice for situations like a child's fever or non-emergency injury
- > Discussion of symptoms and choosing appropriate care
- > Drug interactions and side effects
- > General health and wellness issues
- > Nutrition and dietary advice
- > Stopping smoking

Treatment Decision Support

Registered nurses can also help you learn more about treatment and procedure options related to a certain diagnosis (see "Treatment Decision Support" at right), and provide information to discuss with your doctor when deciding what's best for you.

Always keep your doctor informed of any changes to your health.



Independent Health's Treatment Decision Support is available 24/7 for:

Musculoskeletal

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

Men's Health

- Benign prostate disease
- Prostate cancer

Women's Health

- Benign uterine conditions
- Hysterectomy
- Breast cancer

Heart Disease

- Coronary disease, coronary artery bypass graft and angioplasty
- Bariatric surgery

General

- Coaching on healthy lifestyle changes
- Outlining treatment alternatives
- Identifying employer, health plan and community resources

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