



"My baby had a fever and my questions couldn't wait until the morning. Medica CallLink nurse line was there the moment I needed them."



"We call Medica CallLink nurse line when our doctor's office is closed. We love it!"

P.O. Box 9310
Minneapolis, MN 55440-9310

Medica® Call Link®
Nurse Line

1-800-962-9497

TTY callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

Medica CallLink nurse line is a service offered by Medica. Medica is a registered service mark of Medica Health Plans. Medica refers to the family of health plan businesses that includes Medica Health Plans, Medica Health Plans of Wisconsin, Medica Insurance Company, Medica Self-Insured, Medica Foundation, and Medica Affiliated Services.

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COM 1111-50203

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Medica® CallLink® Nurse Line

A service brought to you by Medica

Medica® CallLink® Nurse Line

Health Information and Education



Your Way to
Health Information

www.medica.com

What is Medica CallLink nurse line?

Medica CallLink nurse line is a trusted source of information and support for a wide range of health concerns.

Can I reach Medica CallLink nurse line any time?

Yes, Medica CallLink nurse line is available 24 hours, every day of the year.

How does Medica CallLink nurse line work?

Call the toll-free number to speak with an experienced registered nurse. You can ask health questions, learn self-care tips or get information that can help you choose appropriate care for your situation.

Medica® CallLink® Nurse Line

24 hours a day, 7 days a week

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What other options are available?

The audio Health Information Library allows you to listen to recorded health and well-being messages. Simply call the same number. A sample of topics is listed in this brochure.

Is there a Web site?

Yes, there is—www.medica.com links to a Web site filled with health and well-being news, information and resources.

"When I was diagnosed with cancer, I wanted to learn more about the disease and possible treatment options. Medica CallLink nurse line gave me information that was easy to understand."



Nurse line nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care.

What concerns can Medica CallLink nurse line help address?



Aging well

- Staying active
- Caring for a loved one
- Vision concerns

Children's health

- Fever and earaches
- Immunizations and prevention
- Asthma in children

Choosing appropriate medical care

- Is it an emergency?
- When to see your doctor
- When to use self-care

Chronic conditions

- Understanding your condition
- Living with cancer
- Caring for a loved one

Eating well

- Making smart food choices
- Losing weight safely
- Natural sources of vitamins

Family health

- Childhood diseases
- Men's and women's health
- Having a healthy pregnancy

General health information

- Heart health
- Allergies
- First-aid tips

Illness and injury

- Colds and flu
- Sore throats and vomiting
- Infections

Medication questions

- Taking prescriptions safely
- Understanding over-the-counter medication
- Storing medicines properly

Prevention

- Flu and pneumonia shots
- Cancer screenings
- Managing your blood pressure

Working with your doctor

- Questions to ask
- Understanding treatment options
- Keeping good records

"I always call Medica CallLink nurse line before I go to the doctor. The nurse helps me make a list of questions to ask. Now, I leave the office with the information I need."

"I do heavy lifting at work and I had another backache. The nurse had good ideas for easing the pain, but he also gave me tips on preventing the next backache."

HEALTH INFORMATION LIBRARY

Don't forget, you also can listen to recorded health information messages. This is just a sample of the 1,100 topics available. Simply follow these steps:

1. Call 1-800-962-9497
2. Press 2 to reach the library
3. Enter PIN: 438
4. Enter 4-digit category number

AGING WELL

Alzheimer's Disease	7805
Osteoarthritis	4175
Planning for Retirement	7865

ALCOHOL AND DRUGS

Recognizing Abuse and Addiction	4437
Symptoms of Alcoholism	4137

ASTHMA AND ALLERGIES

Allergy Testing	4152
Asthma	4931

CANCER

Breast Cancer	6406
Cervical Cancer	6413
Colon Cancer	6417
Seven Warning Signs of Cancer	6453

DIABETES

Diabetes and Exercise	4391
Diabetes Type 2: Adult Onset	4394
Hypoglycemia (Insulin Shock)	4396
Nutrition Tips for Diabetics	4397

DIGESTIVE CONCERNS

Constipation	4412
Diarrhea	4413
Heartburn	4415

EYES AND VISION

Cataracts	4511
Glaucoma	4514

GENERAL HEALTH

Back Pain: Self-Care	4197
Headaches: Migraine	4632
Sinus Problems	4457

HEALTHY LIVING

Cholesterol: "Good" and "Bad"	6116
Exercise and Weight Control	7429

HEART HEALTH

Chest Pain (Angina)	6112
Early Warning of Heart Attack	6129
High Blood Pressure and Heart Disease	6144

INFECTIOUS DISEASES

Hepatitis	4721
Lyme Disease	4724

MEDICATIONS

Drug Interactions	7822
Generic or Brand Names?	4747
Questions to Ask About Any Medicine	7868

MEN'S HEALTH

Balding or Hair Loss in Men	7807
Prostate Problems	4764

MENTAL AND EMOTIONAL HEALTH

Depression and Its Symptoms	6717
Grief and Loss	6725
Therapy Can Help	6715

SMOKING

Smoking and Your Health	4993
Smoking: How to Quit	4994

WEIGHT CONTROL

Fiber and Weight Loss	6936
Weight Loss That Is Safe	6992

WOMEN'S HEALTH

Menopause: A Normal Life Change	7143
Osteoporosis	7149

"When my kids get sick, I can't help but panic. I used to run to the emergency room. Now, I call Medica CallLink nurse line first—the nurse helps me figure out if it really is an emergency."



To keep Medica CallLink nurse line's number handy, remove the wallet card and magnet and put them in a convenient place.



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