

24/7 Advice Nurse

Health care advice. Just a phone call away.

We're on call. If you're unsure about your condition, our 24/7 advice nurse may be able to help. Our nurse is available to answer questions, provide self-care advice and help you decide whether to seek urgent care, emergency care, or schedule an appointment with your provider.

Get health care advice at no additional cost to you:

STEP
01

Call toll-free
800-288-2264

Speak to a registered nurse about:

STEP
02

- Choosing where to get medical care
- Minor illnesses or injuries
- Medication interactions



Everything you need is in your wallet.

You can also find the phone number for the advice nurse on the back of your health plan ID card.

Know before you go.

It's important to know where to go for the type of medical care you may need. **If you have a life-threatening situation, call 911 or go to the nearest hospital emergency room.** But if it's not an emergency, comparing care options could help save you time, money and frustration. Compare your options at www.sierrahealthcareoptions.com

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