



Your 24x7 Nurse Line

What is the 24x7 Nurse Line?

You can reach the Meritain Health Nurse Line 24 hours a day, seven days a week for your health-related questions.

You and your family can get health information or medical advice. You can also talk directly with a Registered Nurse (RN), or listen to recorded health topics. The RN can help you choose the best care for you, or suggest self-care techniques or over-the-counter medication.

How does the 24x7 Nurse Line work?

Speak with an RN.

The 24x7 Nurse Line is staffed by specially trained RNs who can answer your questions about a current illness, discuss alternative treatments for health conditions, and help you make healthy lifestyle choices.

Use the improved Health Information Library.

When you visit the recently enhanced Health Information Library, you can find over 1,000 health and wellness topics using voice activation! Simply state the topic you'd like to learn about, and you'll hear a recorded message on the topic you have chosen.

When should I call?

You can call the 24x7 Nurse Line any time you have a question. The RNs can answer questions like:

- "It's 2:00 a.m. and my son has a high fever and a sore throat. Should I take him to the emergency room?"
- "I just sprained my wrist. Should I have an X-ray?"
- "I've heard about a new drug for weight loss. Could it help me?"
- "My doctor said I need to have surgery. What are my alternatives?"

You can speak with an RN by calling the 24x7 Nurse Line at 1.866.726.6529.

If you have any questions, just call Meritain Health using the phone number on your member ID Card.



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Advocates For Healthier Living

Meritain Health provides easy-to-use healthcare benefits you can use to stay healthy and productive. Contact us at the number on your ID Card if you have any questions about your plan.