



# Health care guidance from a registered nurse, 24/7.

Questions about your health can come up at any time. It could be your child has a fever in the middle of the night or you have a cold that doesn't seem important enough for a doctor's appointment. With *Oxford On-Call*®, we're always here for you.

## You can turn to *Oxford On-Call* for all of the following:



### General health information.

Call an *Oxford On-Call* nurse about illness, injury, chronic conditions, prevention, healthy living, and even just basic men's, women's and children's health.



### Deciding where to go for care.

Not sure if your situation calls for a doctor visit? Wondering if you should go to urgent care or the emergency room? *Oxford On-Call's* nurses can help you figure out where you should go.



### Information on how to care for yourself.

Our registered nurses can give you practical self-care tips to help you manage your condition at home. They can also tell you about signs and symptoms to look out for that may indicate the need for a higher level of care.



### Talking with your health care provider.

A great way to make the most of your doctor visits is to chat with an *Oxford On-Call* nurse before you go to your appointment. Our nurses can help you find more information about any concerns you may have and suggest questions you can ask your doctor.



### Help for hard decisions.

If you or a family member has a serious medical condition, *Oxford On-Call* nurses can help you learn more about the possible risks and benefits of treatment options, and how you can take your medications safely.

## Two ways to speak with an *Oxford On-Call* nurse:



### Live chat with us online.

Nurses are available to chat online about a variety of health topics and to confidentially guide you to online resources. Just click on the "Live Nurse Chat" link once you log in to the [oxfordhealth.com](http://oxfordhealth.com) Member website.



**Call us at 1-800-201-4911.**

