



February 2009 Tip of the Month

A Tip from *The Benefits Expert*

Did you know... you can get FREE help from a nurse or health coach by phone, when you need it, 24 hours a day, 7 days a week?

USF medical insurance providers offer answers to your simple health-related questions through their free and confidential call centers. From information as simple as how to cleanse a cut to more complicated issues you are having after surgery, this service is available to you anytime, day or night.

United Healthcare's Care 24: Call 1-888-887-4114 or click [here](#) to learn how to stay healthy; find reliable, easy-to-understand medical and treatment information; improve your health by taking an online Health Assessment or chat with a nurse in real-time.

AvMed's On-Call Nurse: Call 1-888-866-5432 or click [here](#). You can speak to a registered nurse or listen to an audio tape from AvMed's health library.

Blue Cross Blue Shield's Health Dialogue: Call 1-877-789-2583 or click [here](#). You can speak privately with experienced, licensed healthcare professionals, including registered nurses, dietitians and respiratory therapists; search up-to-date, easy to understand, in-depth information on more than 1,900 clinical topics; and find free audio, video and printed information on specific health conditions.