



866-537-5445

Welcome to our personal health information service. Our health care professionals are standing by to answer your questions.

Our service is: *Toll-free* *Confidential*
 24-hours a day *7-days a week*

When you call for personal health information, you have the following options:

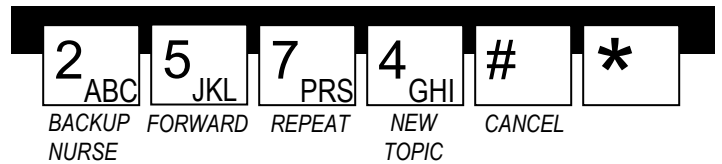
Health Information Library

The Health Information Library provides general information on topics ranging from allergies to women's health. The 1,100 topics contain up-to-date information frequently reviewed by doctors, nurses and health care professionals. The phone topic codes are listed on the following pages.

Talk to a Nurse

Your questions are answered by registered nurses who help you decide what to do 24-hours a day, 7-days a week. Our registered nurses answer questions about current illness or general health information. If your call is about an illness or injury, nurses will assess your symptoms and provide guidance.

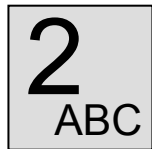
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ABOUT THIS DIRECTORY

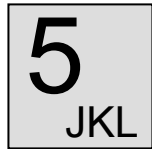
HOW TO USE THIS DIRECTORY

When you call our toll free number, a voice message will answer and ask you to enter the code number for the health topic you would like to hear. Enter the four-digit code, as listed in this directory.



BACK UP

To back up to the beginning of a message, press the “2” key. You may do this at any time during the message.



JUMP FORWARD

To move ahead one message in the category to which you are listening, press the “5” key to jump forward.



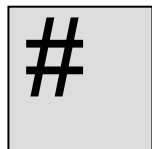
REPEAT MESSAGE

To hear the last segment of a message repeated, press the “7” key.



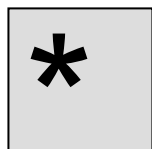
GO TO ANOTHER TOPIC

To skip a topic, press the “4” key, followed by the number of the message you want to hear.



CANCEL / END THE CALL

If you make a mistake in entering a topic number, press the # key to cancel your entry, then enter the correct topic number. To end the call, press the # key.



REGISTERED NURSE/REQUEST PRINTED LITERATURE

To talk to one of our registered nurses, 24-hours a day, 7-days a week, press the * (star) key.

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- 6136 Healthy Heart Quiz
- 7133 Healthy Pregnancy Quiz
- 4658 HIV/AIDS Awareness Quiz
- 7150 Osteoporosis Quiz
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- 4739 Hand-Foot-and-Mouth Disease
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- 6766 Dementia - Prevention
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- 6745 Nervous Breakdown
- 6747 Nightmares and Sleep Terrors
- 6748 Obsessions and Compulsions
- 6749 Panic Attacks

866-537-5445

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ABC

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BACKUP
NURSE

FORWARD

REPEAT

NEW
TOPIC

CANCEL

- 6750 Paranoia
- 6751 Pedophilia
- 6753 Phobias - Causes and Symptoms
- 6754 Phobias - Treatment
- 6755 Post-traumatic Stress Disorder
- 6757 Psychogenic Pain
- 6758 Psychosis
- 6759 Psychosomatic Illness
- 6760 Pyromania
- 6762 Sadism
- 6763 Schizophrenia
- 6742 Seasonal Affective Disorder
- 6764 Self-Esteem
- 4796 Sex Therapy
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- 6769 Sleepwalking
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- 6775 Transvestism
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- 5502 Concussion
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- 5504 Guillain-Barre Syndrome
- 5505 Huntington's Disease
- 5506 Hydrocephalus
- 5507 Lumbar Puncture
- 5508 Myasthenia Gravis
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- 5510 Neuralgias
- 5511 Peripheral Neuritis
- 5512 Spinal Cord Trauma
- 5513 Supportive Care for Progressive Dementia
- 5514 Trigeminal Neuralgia

NEWBORN CARE

- 4801 Breast-Feeding
- 4811 Circumcision
- 4802 Crying Baby
- 4803 Diaper Rash
- 4804 Fathering an Infant
- 4805 Formula Feeding
- 4806 Jaundice
- 4807 Mothering an Infant
- 7737 Newborn Screening Tests
- 7751 Premature Baby
- 4808 Rashes
- 4809 Sleep Patterns in Newborns
- 4810 Spitting Up

NUTRITION

- 6901 A Guide to Good Eating
- 6903 Basics of a Balanced Diet

- 6904 Beans and Legumes
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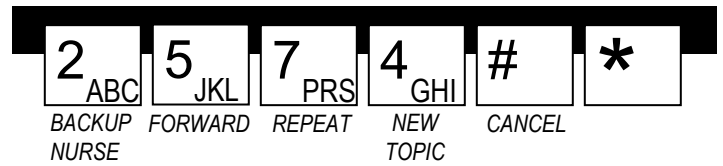
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