

Health resources are just a phone call away.

One convenient phone number with two helpful options—
at no additional cost to you.

 **Call 1-800-574-8494 (TTY: 711)**

Press Option #1 for a Health Coach

Monday–Friday, 8am–4:30pm

Health Coaches are specially trained professionals who provide education, advice, and support to help you manage your health conditions so you can live a healthier life.

When to Call

Think of Health Coaches as your partners in health and well-being. They can work with you over the phone to provide personalized support to help you meet your health care needs and goals, such as:

- » Develop an exercise plan that fits your life
- » Help you quit smoking

Press Option #2 for the Nurse Line

24-hours a day, 7-days a week

Reach a Registered Nurse at our partner, Carenet Health at any time, day or night, for answers to questions about symptoms, illnesses, injuries, and more.

When to Call

The Nurse Line can help when you:

- » Are unsure if you should head to the ER or wait until morning to see your doctor
- » Have questions about prescriptions, medical procedures, or treatment options
- » Have questions about the cold or flu
- » Want to learn about a chronic condition
- » Are worried about your child's fever
- » Need general information about a condition, or other health concerns

Learn more at martinspoint.org/fastcare