



Tel-A-Nurse

Talk to a nurse about health issues 24/7

You can get reliable, expert medical advice and answers to your health questions when you need them through the Tel-A-Nurse service.

How does the program work?

In addition to your doctor, Tel-A-Nurse is an important resource for good health information. This service is not for medical emergencies or urgent needs, and shouldn't replace your primary care provider. Use this service for health information and advice.

What is the cost?

There's no copay or extra charge for using the service. You can speak with a nurse as many times as needed. Discussing health issues with your provider is the best approach. However, if your doctor isn't available, the Tel-A-Nurse staff can help you determine the level of care you need. This can help you avoid unnecessary trips to the emergency room.

What types of advice can I receive?

You can speak with a registered nurse about a variety of topics, including:

- Stomach pain
- Ulcers
- Hay fever
- Asthma
- Diabetes
- Arthritis
- Heat exhaustion
- Burns
- Colds
- Acid reflux
- Medications
- Medical tests
- Losing weight
- Croup
- Measles
- Children's bed wetting
- Infant vomiting
- Children's fever
- Mumps
- Sore throat
- Back pain
- Managing cholesterol
- Managing high blood pressure
- Developing an exercise plan
- Quitting smoking
- Questions to ask your doctor

Remember: This is only a sampling of information available. You can talk with a nurse or use the Tel-A-Nurse Audio Library to get answers to a wide range of medical questions.

Not sure what to do when you need care quickly?

If you need care and your doctor isn't available, convenient and urgent care facilities contracted with GHP are another smart, cost conscious option for treatment. To find urgent and convenient care locations:

- Search [GeisingerHealthPlan.com/providersearch](https://www.geisingerhealthplan.com/providersearch)
- Call the number on the back of your member ID card

Interested in more information?

- Call Tel-A-Nurse at 877-543-5061
- Access the Audio Library via the Tel-A-Nurse phone number. This library is a compilation of recorded advice on many health topics like viral infections, nutrition and more.

Note: If you have a medical emergency call 911.