

(888) 724-BLUE (2583)



## 24|7 NurseLine and AudioHealth Library

Have health questions?

Easy access to health information is  
just a phone call away!

Health concerns don't follow a 9 to 5 weekday schedule. Sometimes you need answers to your health questions right away — and that can be the middle of the night or while you're away on vacation. That's why the **24|7 NurseLine** is there for you and your family 24 hours a day, seven days a week.

Call toll-free at **(888) 724-BLUE (2583)** and **Press 2** to speak to a registered nurse for assistance about a health situation or just to hear a reassuring voice. Isn't it nice to know you can get accurate, confidential answers to your health questions right away?

Or is there a sensitive topic you'd like to know more about? That's no problem. If you prefer, you can call and listen to recorded messages about hundreds of health-related topics in English and Spanish by accessing the **AudioHealth Library**. Turn the page for more details.

360°Health



# AudioHealth Library

You can listen to recordings about hundreds of health topics from allergies and arthritis to first aid and emergencies, and a lot in between. Is there a sensitive topic you'd like to know more about and aren't comfortable discussing with a nurse? The **AudioHealth Library** is a terrific solution.

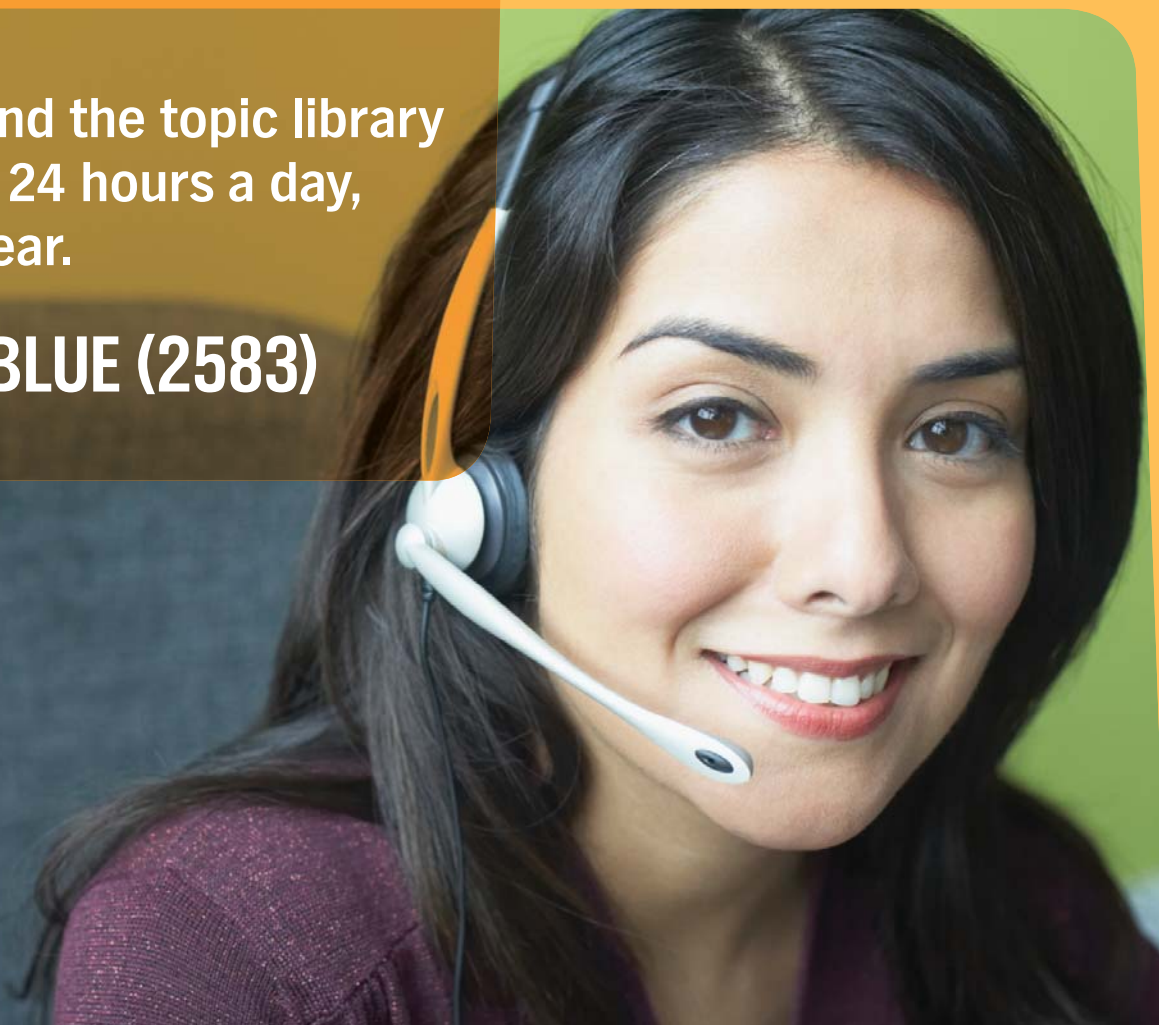
Use this library any time, night or day.

- Just call **(888) 724-BLUE (2583)** and **Press 3** for the **AudioHealth Library**.
- Enter the 4-digit topic number followed by the # sign. See the list of topics in this brochure.



Our nurses and the topic library are available 24 hours a day, 365 days a year.

**(888) 724-BLUE (2583)**



# AudioHealth Library

## Topic Listing (888) 724-BLUE (2583)

### Abdominal Problems

1600 Appendicitis  
1451 Constipation  
1618 Crohn's Disease  
1260 Dehydration  
1452 Diarrhea  
1605 Diverticulosis and Diverticulitis  
1402 Food Poisoning  
1608 Gallbladder Disease  
2154 Gallbladder Surgery  
1612 Gastroesophageal Reflux Disease  
1610 Heartburn  
1952 Hepatitis  
1403 Hernia  
1603 Inflammatory Bowel Disease  
1611 Irritable Bowel Syndrome  
2576 Kidney Stones  
1462 Nausea and Vomiting  
1609 Rectal Problems  
1613 Ulcers  
2257 Urinary Incontinence in Women  
1291 Urinary Tract Infections

### Allergies

1000 Allergies  
2770 Drug Allergies  
1002 Food Allergies  
1007 What About Allergy Shots?

### Back and Neck Pain

1450 Low Back Pain  
1463 Herniated Disk  
2174 Low Back Problems, Surgery for  
1457 Neck Pain

### Bone, Muscle and Joint Problems

1030 Arthritis  
1780 Bunions  
2103 Bursitis and Tendon Injury  
1781 Calluses and Corns  
2104 Carpal Tunnel Syndrome  
1038 Fibromyalgia  
1039 Gout  
1784 Heel Spurs  
1031 Juvenile Rheumatoid Arthritis  
1033 Lupus  
2106 Muscle Cramps and Leg Pain  
2259 Osteoarthritis  
1032 Osteoporosis  
1034 Rheumatoid Arthritis

2169 Rotator Cuff  
1456 Sports Injuries  
2105 Strains, Sprains, Fractures and Dislocations  
2151 Surgery for Carpal Tunnel Syndrome  
1461 TM Disorder

### Cancer

1105 Cancer Pain  
1110 Colon Polyps  
1113 Colorectal Cancer  
1120 Women's Cancer  
1124 Lung Cancer

### Chest, Respiratory and Circulatory Problems

1981 Asthma in Teens and Adults  
1908 Atrial Fibrillation (irregular heartbeats)  
1983 Bronchitis  
1915 Cardiac Rehabilitation  
1903 Causes of Heart Attack  
1900 Chest Pain  
1976 Chronic Obstructive Pulmonary Disease (COPD)  
1400 Colds  
1907 Heart Failure  
1980 Emphysema  
1455 Fever  
1904 Heart Attack Prevention  
1401 Influenza (Flu)  
1648 Laryngitis  
1910 Mitral Valve Prolapse  
1911 Pacemakers  
1986 Pneumonia  
1406 Sinusitis  
1459 Sore Throat and Strep Throat  
1081 Stroke Rehabilitation  
1460 Swollen Lymph Nodes  
1912 Varicose Veins  
1407 Viral and Bacterial Infection

### Chronic Conditions

1060 ALS (Lou Gehrig's Disease)  
1061 Alzheimer's Disease  
1950 Chronic Fatigue Syndrome  
2570 Chronic Kidney Disease  
1063 Epilepsy  
1953 Hepatitis B  
1909 High Blood Pressure  
1832 High Cholesterol

2623 Iron Deficiency Anemia  
1959 Living with HIV Infection  
1065 Multiple Sclerosis  
1066 Parkinson's Disease  
1512 Prediabetes  
2550 Thyroid Problems  
1508 Type 1 Diabetes  
1500 Type 2 Diabetes  
1501 Type 2 Diabetes: Living with Complications  
1502 Type 2 Diabetes: Living with the Disease  
1503 Type 2 Diabetes: Recently Diagnosed

### Ear, Nose and Throat

1516 Diabetic Retinopathy  
1453 Dizziness and Vertigo  
1264 Ear Infections  
1640 Earwax  
1646 Hearing Loss  
1641 Inner Ear Infection (Labrynthitis)  
1644 Meniere's Disease  
1643 Swimmer's Ear  
1650 Tonsillitis

### Eye Problems

1700 Eye Problems  
2152 Cataract Surgery  
1709 Cataracts  
1710 Color Blindness  
1703 Contact Lens Care  
1708 Eye Infections  
1705 Eye Injuries  
1717 Floaters and Flashes  
1712 Glaucoma  
1711 Macular Degeneration  
1716 Laser Surgery for Nearsightedness  
1713 Strabismus  
1707 Styes  
1702 Vision Tests

### First Aid and Emergencies

1750 Animal and Human Bites  
1761 Burns  
1255 Choking  
1762 Cuts  
2337 Frostbite  
1901 Heart Attack  
1759 Heat Exhaustion and Heat Stroke  
2256 Hypothermia  
2203 Importance of CPR Instructions  
1751 Insect and Spider Bites and Stings  
1458 Nosebleeds  
1763 Poisoning  
1764 Puncture Wounds  
1766 Removing Splinters  
1752 Snake Bites  
1067 Stroke  
1754 Tick Bites

### Headaches and Nervous System Problems

1062 Bell's Palsy  
1515 Diabetic Neuropathy  
1068 Guillain-Barré Syndrome  
1064 Encephalitis  
1405 Migraine Headaches  
1404 Tension Headaches

### Home Health Medicines and Supplies

2000 Bulking Agents and Laxatives  
2007 Cold and Allergy Remedies  
2003 Cough Preparations  
2002 Decongestants  
1270 How to Take a Temperature  
2001 Pain Relievers  
1758 Self-Care Supplies

### Infant and Child Health

1250 ADHD  
1251 Bed-wetting  
2753 Bottle-feeding  
1254 Chickenpox  
1278 Childhood Rashes  
1256 Circumcision  
1257 Colic  
1258 Croup  
1261 Diaper Rash  
1080 Dyslexia  
2436 Fetal Alcohol Syndrome  
1253 Fever, Age 3 and Younger  
1267 Fifth Disease  
1268 Growth and Development of the Newborn  
1269 Hand-Foot-Mouth Disease  
1837 Healthy Eating for Children  
1272 Impetigo  
1274 Measles  
1275 Mumps  
1280 Pinworms  
1259 Reye's Syndrome  
1283 Roseola  
1284 Rubella (German Measles)  
1287 Sudden Infant Death Syndrome (SIDS)  
1288 Teething  
1247 Temper Tantrums  
1292 Thrush  
1289 Thumb-Sucking  
1290 Toilet Training  
1293 Urinary Tract Infections in Children

### Infectious Diseases

1408 Avian Influenza (Bird Flu)  
1951 Infectious Mononucleosis  
1956 Tuberculosis  
1965 West Nile Virus

*[Continued on back page]*

## Living Healthy

- 1279 Immunizations
- 1295 Health Screenings
- 1830 Living a Balanced Lifestyle
- 1831 Guidelines for Eating Well
- 1833 Be Physically Active
- 1834 Healthy Weight
- 1835 Mind-Body Connection
- 1838 Alcohol and Drug Problems
- 1841 Be Tobacco-Free
- 1846 Managing Stress
- 1853 Healthy Snacks
- 1964 Relaxation Skills
- 2204 Accident and Injury Prevention
- 2428 Treatment for Alcohol Use Problems
- 2435 Teen Alcohol and Drug Abuse

## Medical Tests and Procedures

- 1506 Home Blood Sugar Monitoring
- 1532 Exercise Electrocardiography
- 1533 Complete Blood Count (CBC)
- 1534 Chest X-ray
- 1535 Chorionic Villus Sampling
- 1536 CT Scan of the Body
- 1537 Electroencephalogram
- 1538 Electrocardiogram
- 1539 Electromyography (EMG)
- 1540 Barium Enema
- 1541 Upper Gastrointestinal (GI) Series
- 1542 Magnetic Resonance Imaging
- 1546 Lung Function Tests
- 1547 Abdominal Ultrasound
- 2155 Cystoscopy
- 2156 Dilation and Curettage
- 2157 Episiotomy
- 2158 Surgery for Hemorrhoids
- 2159 Hernia Surgery
- 2160 Hip Replacement Surgery
- 2162 Arthroscopy
- 2163 Knee Replacement Surgery
- 2164 Laparoscopy
- 2165 Ear Tubes
- 2171 Tonsillectomy and Adenoidectomy
- 2503 Shared Decisions about Surgery

## Men's Health

- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen Test (PSA Test)
- 2031 Hair Loss
- 2032 Erection Problems
- 2034 Benign Prostatic Hyperplasia (Enlarged Prostate)
- 2036 Testicular Problems
- 2167 TURP for BPH
- 2173 Vasectomy

## Mental Health Problems and Mind-Body Wellness

- 1069 Bipolar Disorder
- 1070 Schizophrenia
- 1071 Dementia
- 1230 Domestic Violence
- 1240 Child Maltreatment
- 1845 Stress Management
- 2051 Obsessive-compulsive Disorder
- 2052 Eating Disorders
- 2055 Panic Attacks and Panic Disorder
- 2057 Depression
- 2059 Grief
- 2063 Social Anxiety Disorder
- 2066 Suicide

## Partnership with Your Doctor

- 1201 Patients Bill of Rights
- 1202 Caregiver Secrets
- 1800 Skills for Making Wise Health Decisions
- 1801 Work in Partnership with Your Doctor
- 1802 Finding a Doctor Who Will be a Partner

## Senior Health

- 1836 Seniors Staying Active and Fit
- 2004 Medication Problems in Seniors
- 2006 Medications and Older Adults
- 2240 Hospice Care
- 2245 Care at the End of Life
- 2251 Nutrition for Older Adults
- 2261 Skin and Nail Problems in Seniors

## Sexual Health

- 1848 Sexually Transmitted Diseases
- 1957 HIV Infection and AIDS
- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 2311 Syphilis
- 2315 Trichomoniasis
- 2600 Birth Control

## Skin Problems

- 1129 Skin Cancer
- 1273 Lice and Scabies
- 1755 Blisters
- 1785 Ingrown Toenails
- 2330 Acne
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2336 Atopic Dermatitis
- 2338 Hives

- 2343 Rashes
- 2344 Psoriasis
- 2346 Fungal Infections
- 2349 Shingles
- 2352 Sunburn
- 2353 Warts

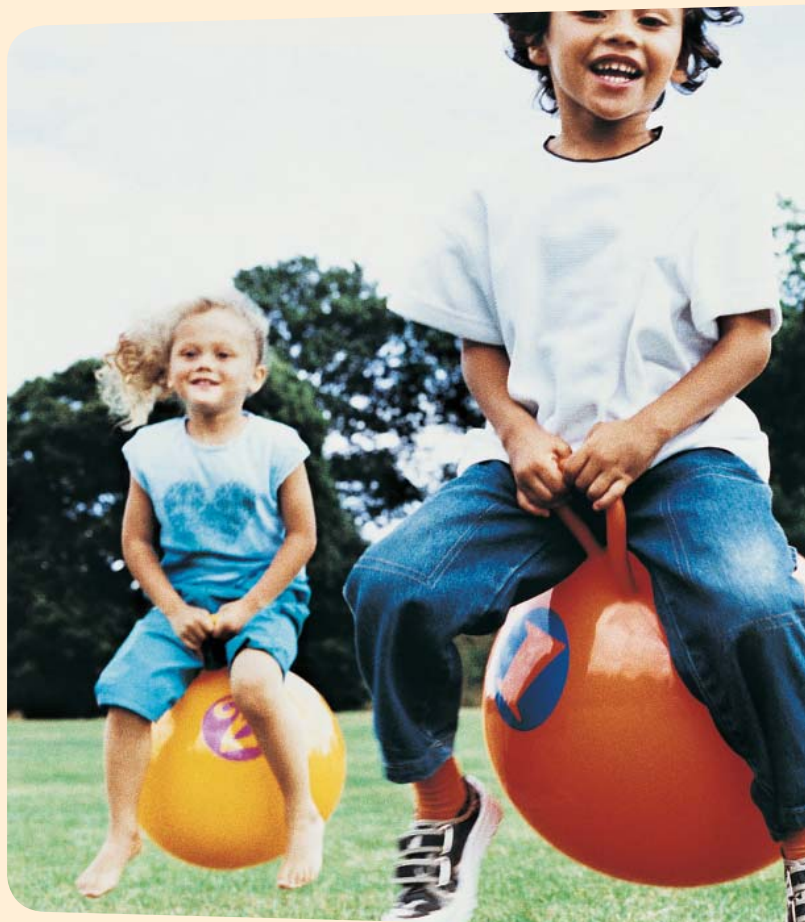
## Sleeping Disorders

- 2400 Sleep Problems
- 2403 Sleep Apnea
- 2406 Snoring

## Women's Health

- 1107 Breast Health
- 1111 Ovarian Cancer
- 1112 Polycystic Ovary Syndrome
- 1211 Multiple Pregnancy: Twins or More
- 1504 Gestational Diabetes
- 1531 Breast Biopsy
- 1544 Pelvic Exam and Pap Test
- 1548 Ultrasound for Normal Pregnancy
- 2033 Infertility
- 2039 Sexual Dysfunction in Women
- 2172 Tubal Ligation and Tubal Implants
- 2312 Pelvic Inflammatory Disease
- 2426 Pregnancy, Precautions During
- 2640 Bacterial Vaginosis
- 2643 Yeast Infections
- 2650 Menopause
- 2651 Hormone Therapy
- 2670 Missed or Irregular Periods
- 2672 Endometriosis

- 2673 Uterine Fibroids
- 2674 Hysterectomy
- 2675 Bleeding Between Periods
- 2677 Functional Ovarian Cysts
- 2678 Menstrual Cramps
- 2679 Dysfunctional Uterine Bleeding
- 2680 Toxic Shock Syndrome
- 2700 How to Make a Healthy Baby
- 2701 Home Pregnancy Test
- 2702 Abortion
- 2704 Danger Signs during Pregnancy
- 2705 Normal Pregnancy
- 2706 Symptoms and Stages of Labor
- 2708 Diet during Pregnancy
- 2709 Exercise during Pregnancy
- 2710 Rubella and Pregnancy
- 2714 Amniocentesis
- 2717 Miscarriage
- 2719 Stretch Marks
- 2720 Cesarean Section
- 2723 Pelvic Organ Prolapse
- 2724 Premenstrual Syndrome
- 2725 Pregnancy, Symptoms and Stages of
- 2750 Postpartum Depression
- 2751 Breast Feeding
- 2752 Complications after Delivery
- 2754 Labor, Delivery, and Postpartum Period
- 2755 Mastitis While Breast-feeding
- 2756 Rh Sensitization during Pregnancy
- 2757 Weaning



The information contained in this program is for general guidelines only. Your doctor will be specific regarding recommendations for your individual circumstances. Trade names of commonly used medications and devices are provided for ease of education but are not intended as particular endorsement. Your doctor may choose to use items not represented here. Recommended treatments may not be covered under your health plan.

Services offered by Blue Cross Blue Shield of Georgia and its health plan Blue Cross Blue Shield Healthcare Plan of Georgia, independent licensees of the Blue Cross Blue Shield Association. ®Registered marks of the Blue Cross Blue Shield Association.