

On the fridge today.
Near your phone tomorrow.
On the filing cabinet next week.

This repositionable sticker goes where you want it...so you'll have the number when you need it.

The Empire Plan NurseLine™

24-Hour Health Information Services

1-877-7NYSHIP
1-877-769-7447

Follow the prompts to reach NurseLine.

Call with questions about:

- Choosing medical care
- Finding a doctor
- Making healthful choices

Provided to you by:



Help is just one phone call away.

1-877-7NYSHIP
1-877-769-7447

TDD/TTY callers, please call 711
and ask for the number above.



Health Information Library

It's as easy as using PIN 335.

You can also listen to pre-recorded health messages from the Health Information Library. It's a voice-activated service, so simply say the topic you're looking for and let the information come to you. There are more than 1,100 health and well-being messages on topics such as:

- Stress and anxiety
- Depression
- Back pain
- Heart conditions
- Cancer
- Headaches

Why wait for answers? Call today
and registered nurses can help you:

Choose appropriate medical care.

- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

Find a doctor or hospital.

- Search for doctors and specialists based on your needs and preferences.
- Get help preparing for appointments and discuss helpful questions to ask your doctor.

Understand treatment options.

- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.

Achieve a healthful lifestyle.

- Get tips on how nutrition and exercise can help you maintain a healthful weight.
- Learn about important health screenings and immunizations.

Ask medication questions.

- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.