



## **Call The Nurse Advice Phone Line to Get Health Advice**

If you need health advice, first call your doctor or your health network. We want you to be able to get answers to your health questions when you or your loved ones are sick, not feeling good or injured. If you cannot reach your doctor, you can talk to a nurse by phone.

Call the CalOptima Health Nurse Advice Phone Line toll-free at **1-844-447-8441** (TTY **1-844-514-3774**) to help you. The Nurse Advice Phone Line is open 24 hours a day, 7 days a week at no cost to CalOptima Health members. We have staff that speak your language.

If you think you are having a medical or psychiatric emergency, call **9-1-1** or go to the nearest hospital.

The Nurse Advice Phone Line is only for health advice. It does not have access to your medical records, referrals or prior authorizations. You should call your doctor or health network for that information.