



Health care guidance from a registered nurse, 24/7.

Questions about your health can come up at any time. It could be your child has a fever in the middle of the night or you have a cold that doesn't seem important enough for a doctor's appointment. With *Oxford On-Call*®, we're always here for you.

You can turn to *Oxford On-Call* for all of the following:



General health information.

Call an *Oxford On-Call* nurse about illness, injury, chronic conditions, prevention, healthy living, and even just basic men's, women's and children's health.



Deciding where to go for care.

Not sure if your situation calls for a doctor visit? Wondering if you should go to urgent care or the emergency room? *Oxford On-Call's* nurses can help you figure out where you should go.



Information on how to care for yourself.

Our registered nurses can give you practical self-care tips to help you manage your condition at home. They can also tell you about signs and symptoms to look out for that may indicate the need for a higher level of care.



Talking with your health care provider.

A great way to make the most of your doctor visits is to chat with an *Oxford On-Call* nurse before you go to your appointment. Our nurses can help you find more information about any concerns you may have and suggest questions you can ask your doctor.



Help for hard decisions.

If you or a family member has a serious medical condition, *Oxford On-Call* nurses can help you learn more about the possible risks and benefits of treatment options, and how you can take your medications safely.

Two ways to speak with an *Oxford On-Call* nurse:



Live chat with us online.

Nurses are available to chat online about a variety of health topics and to confidentially guide you to online resources. Just click on the "Live Nurse Chat" link once you log in to the oxfordhealth.com Member website.



Call us at 1-800-201-4911.

