

Get help anytime: 24/7 Nurse Line



If you're not sure if your cold symptoms are caused by a cold, allergies or even a sinus infection, the 24/7 Nurse Line can help – even if it's the middle of the night.

Getting health information so you can get the care you need, when you need it, is as easy as calling Horizon Blue Cross Blue Shield's 24/7 Nurse Line.

A consultation you can count on

When you call, you'll reach nurses who can provide doctor-approved information about:

- Whether an Emergency Room, a doctor visit or self-care is best for your needs
- A diagnosis from your doctor
- The risks, benefits and possible outcomes of treatment options

No emergency required

24/7 Nurse Line nurses can also help you with routine health questions about:

- Nutrition and exercise
- Health screenings and immunizations that may be recommended for you based on your age, gender and health history)



Reach a nurse now

To speak with a nurse, call **1-888-624-3096**. If you use TTY services, call **711**.

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Spanish (Español): Para ayuda en español, llame al **1-888-624-3096 (TTY 711)**.

Chinese (中文): 如需中文協助, 請致電 **1-888-624-3096 (TTY 711)**.

These programs are for informational purposes only. Our health care professionals cannot provide a diagnosis or recommend specific treatment. They are not a substitute for a doctor's care. The 24/7 Nurse Line services are not an insurance program and may be discontinued at any time. In the event of an emergency, members should go to the nearest hospital or doctor or call **911** or the local emergency services number. Not all programs are available to all Horizon BCBSNJ members. Please check with your benefits administrator to determine if you are eligible for these programs.

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