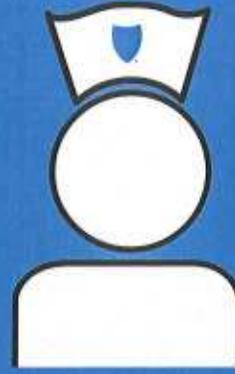


NurseHelp 24/7



Sometimes a little reassurance is all you need. When you have questions, NurseHelp 24/7SM has answers. Just call toll-free to talk with an experienced registered nurse to help you figure out what's ailing you, evaluate treatment options, determine whether to see a doctor, and more. This convenient service is available to Blue Shield members and can help you save time and money by avoiding unnecessary trips to the doctor's office or ER for non-emergency care, at no extra cost.

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