

Get 24/7 health advice you can trust

If you have a question, don't know how to treat a health condition or are unsure about what kind of care you need, just call Regence Advice24 at 1 (800) 267-6729. Registered nurses are there 24/7/365 to get you on the right track. **Regence Advice24 is not insurance but is offered in addition to your medical plan to help you get information and support when you need it.**

A Regence Advice24 nurse will:

- Ask about your symptoms
- Direct you to an emergency room when necessary
- Help you decide if you should see a doctor
- Provide helpful self-care suggestions for minor injuries and illnesses
- Help you prepare for a doctor visit
- Help you understand your prescription
- Connect you with one of these program specialists if you need extra support on the call: certified diabetes educators, pharmacists, registered dietitians, respiratory therapists and social workers

Call anytime day or night when:

- You or a covered family member is sick, hurt or needs health care advice
- You're not sure whether to go to the emergency room, make a doctor's appointment or treat your problem at home

Regence Advice24 nurses:

- Have an average of 20+ plus years of nursing experience
- Are supported by doctors and the most advanced information systems
- Are able to assess your symptoms and help you decide on the best level of care

Some examples of health problems you can get help with:

- Vomiting, nausea or upset stomach
- Cuts, minor burns, scrapes
- Colds, viruses, coughing
- Dizziness and headaches
- Sore throats or flu
- Back pain
- Crying or hot baby
- Just feeling bad but you don't know why



Help by phone

Info on 5,500 health topics, plus translation services for 170+ languages and support for the hearing impaired



Regence BlueCross BlueShield of Oregon
is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueCross BlueShield of Oregon
100 SW Market Street | Portland, OR 97201

REG-378132-19/11-OR
© 2019 Regence BlueCross BlueShield of Oregon

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。