



Health Information Library Audio Index

Providing you helpful information about your health



Need Health Information?



Just call the Health Information Library

1-800-999-1658

The call is free!

The Health Information Library does not take the place of medical care provided by your doctor. If you are ill, call your doctor.

To Call the Health Library

Need Health Information?

It's as close as your phone. Just call 1-800-999-1658 anytime, day or night, 24 hours a day. The call is free. The messages are also available in Spanish.

You can call the Health Information Library to listen to taped messages on more than 1,000 health-related topics. These messages can help answer your questions about health and problems that concern you and your family.

The messages may help you decide if you have an emergency situation, may give you some helpful self-care tips, or you may even learn new things to better manage your personal health.

It's Easy – Here's How It Works.

- Look through this directory and find the topics you would like to hear.
 - Write down or highlight the topic name(s) and corresponding code(s) before placing your call.
 - Dial 1-800-999-1658 toll-free anytime from any touch-tone phone.
 - A voice message will answer your call. All you have to do is listen and follow the instructions.
 - Start off by pressing the 1 key for English.
 - Using the topic list in this directory, press the 4-digit code to access the health topic you wish to hear.
 - If you do not know the code or topic, that's ok, just say the name of the topic. The automated system will quickly search for any available message on your topic.
- * *To access the Health Library from a rotary dial phone, please call the BlueAdvantage Customer Service. This is the number listed on the back of your ID card.*

The information available when accessing the Health Information Library is not designed to replace health care or medical advice from a professional. All questions about individual care or treatment should be referred to your health care provider.

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