

SUBJECT LINE: Got medical questions? We've got answers!
PREVIEW TEXT: Registered Nurses are available to answer your health questions when you can't reach your doctor.



Got a Question?

Get an Answer!

Our 24-Hour Medical Help Line Registered Nurses Are Here to Help.

Did you ever just want to talk with someone and get some advice on a non-emergency medical issue?

For those times when you can't reach your doctor and you need advice on what you can do about that sunburn you have, or the bruise on your child's knee...

Talk with an experienced registered nurse for FREE, 24-hours a day, 7 days a week.*

[Learn More](#)

Our nurses will answer your questions and help you learn more about conditions, treatments and procedure options, including:

- Non-emergency medical needs
- Heart disease, asthma or diabetes
- Child's fever or minor injury
- Medicine interactions and side effects
- Treatment decision support
- And much more!

The 24-Hour Medical Help Line phone number is printed on the back of your Member ID card.



Depending upon your discussion, the nurse may suggest that you contact your doctor so you can be seen the following day.

[Learn More](#)

As always, if your situation is a medical emergency, please go to the closest emergency room.



Create a MyIH Account

Your MyIH account provides an easy way to view plan information and access tools, including a Health Dashboard to view and track personal health recommendations. Download the [MyIH App](#) or visit MyIH.com/Register.

You Deserve the RedShirt Treatment.®



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*Independent Health's 24-Hour Medical Help Line should not be used for diagnosis or as a substitute for a physician.

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