

**Questions about your health or symptoms?  
Call Healthy Focus anytime for answers!**

You never know when you might get sick or injured. But with your BlueCross BlueShield of Tennessee health plan, a registered nurse is just a phone call away. The nurse line is available 24/7/365 and is a free service that enables you to speak with a registered nurse any time of day or night - about any type of health condition or just for advice. No matter what the health concern - a cut finger, child's fever, possible food poisoning, skin rash, and sprained ankle - an experienced nurse will help you decide what kind of care you need.

Whether it's self-care at home or a possible trip to the doctor, knowing the right kind of care saves time, money and - most of all - worry. Call toll-free **1-800-818-8581** today to speak confidentially with a nurse. Remember, no question is too big or too small.