

AudioHealth Library®

What is the AudioHealth Library®?

Health care questions and concerns are present even when symptoms are not. The AudioHealth Library® is available to help you and your family educate yourselves about many common and chronic illnesses and diseases—24 hours a day, 7 days a week.

Pre-recorded messages on topics provide the information you need to help:

- Prevent illness
- Identify warning signs
- Administer self care

How do you use the AudioHealth Library®?

The AudioHealth Library® is easy to use. Simply call the same toll-free number you call to speak with a nurse. You can call anytime for information on a variety of health care topics. If you are calling from a touchtone phone, just follow the directions below. If you are calling from a dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic.

Call instructions:

- Look up the 4-digit number for the topic you want to hear.
- Call the toll-free number.
- Select the option for the AudioHealth Library®. You will hear the AudioHealth Library® menu. Follow the instructions to select a topic.
- Listen to the recording. Topics are usually 2 to 5 minutes in length.

While listening to a topic, you can activate the following options by pressing the corresponding key on your telephone keypad.

to end the call

3 to jump forward 6 seconds

1 to pause playback

1 to restart playback

4 to end this topic and enter another topic #

2 to replay last 6 seconds

7 to replay entire topic

For life-threatening or limb-threatening emergencies, call 911 or the appropriate local emergency services.

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