



**Not every injury is
an emergency.**



**BlueCross BlueShield
of Oklahoma**

When it comes to the cost of health care, your choices make a difference.

Unnecessary emergency room visits affect the rising cost of health care, and contribute to higher insurance premiums for everyone. With most health plans, unnecessary ER visits also result in more money out of your pocket.

Blue Cross and Blue Shield of Oklahoma provides a non-emergency alternative with the 24/7 Nurseline. Available 24 hours a day, 7 days a week, the Nurseline is staffed by registered nurses ready to answer your medical questions and provide suggestions for treatment options.

In an emergency situation, don't hesitate to go to the ER. But if your condition isn't an emergency, save money and start by calling the **24/7 Nurseline at 1-800-581-0407.**

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