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Because I care about your health and am committed to offering you outstanding health care, I want to let you know about a program that can help you make the best health care decisions after my office hours.

As a Blue Cross Blue Shield of Massachusetts member, you can call the toll-free Blue Care LineSM anytime at **1-800-247-BLUE (2583)** to speak with a caring, experienced registered nurse who can help you decide if you should make an appointment to see me, go to the emergency room, or care for yourself at home as well as answer a range of health-related questions. For emergencies, call **911** or your local emergency services first.

Sometimes it's hard to know what to do about certain illnesses and injuries at night or on the weekend, and the registered nurses who answer the Blue Care Line can help you decide what to do the next time you or a family member develops symptoms, such as:

- Sore throat or flu
- Fever, dizziness, or headaches
- Bowel problems
- Cuts, scrapes, or minor burns
- Sprained ankles or back pain
- Constant crying (infants)
- Vomiting or nausea
- Upset stomach
- Earache

What's more, the Blue Care Line is available at no additional cost, 24 hours a day, 7 days a week. The Blue Care Line number is printed on your Blue Cross Blue Shield of Massachusetts' member ID card, so you can always keep it with you.

Sincerely,

