



Nurse Line

Free | Confidential | 24/7

Talk to a Registered Nurse

Experienced registered nurses are available day or night, seven days a week, at no charge to offer confidential support and information for any health concern including:

- Minor illnesses and injuries
- Chronic health conditions
- Treatment options
- Immunizations and screenings
- Eating well, safe weight loss, nutrition
- Aging well and staying active
- Taking medication safely
- Pregnancy and childbirth

Access the Audio Library

Information about health conditions, procedures, and treatment options is also available through recorded messages in the Nurse Line Audio Library.

Prefer to chat online?

Log on to [capbluecross.com](https://www.capbluecross.com) and start a chat session with a registered nurse anytime.

Questions about your health can come up at any time. The Capital BlueCross Nurse Line is here to help.

800.452.BLUE

TTY: 711

Capital BLUE 



Tools to Help You Manage Your Health

Register at [capbluecross.com](https://www.capbluecross.com) to access these valuable resources:



Search & Save Center

Find doctors, compare costs, and start saving



Live Healthy

Online tools and wellness programs designed to help you live healthy



Blue365® Discounts

Discounts to popular gyms, retailers, and services



Healthwise® Knowledgebase

Research over 8,000 health and wellness topics

Capital BLUE



[capbluecross.com](https://www.capbluecross.com) | [capitalbluestore.com](https://www.capitalbluestore.com)

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies.

On behalf of Capital BlueCross, Healthwise® assists in the promotion of health and wellness by providing educational materials. Healthwise is an independent company.

This program is not intended to be a substitute for services or advice received from your health care providers who are the only ones that can diagnose or treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this service to be useful for general information or support but do not assume any liability associated with its use.

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