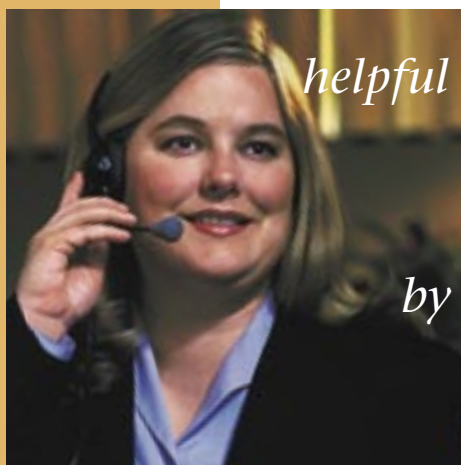


CIGNA HealthCare

24-Hour

HEALTH INFORMATION LINE<sup>SM</sup>



*helpful*

health  
information

*by phone*

anywhere

*anytime*



CIGNA

*A Business of Caring.*

it's **2** a.m.  
*your child has a fever*

*Or you're traveling, you don't feel*

*well, and you're unsure about the*

*symptoms. Or you helped a friend*

*on moving day, you injured your*

*back, and now you don't know*

*if you should treat yourself or*

*see your doctor. The answers*

*are as close as the phone.*

**CIGNA HealthCare  
24-Hour Health Information Line<sup>SM</sup>**

**Just call the toll-free number on your  
CIGNA HealthCare ID card.**



*call us whenever you need us*

The **CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup>** is always open. Call any hour of the day or night, any day of the year, for helpful answers and reliable information on a wide range of health-related topics.

*Speak with a CIGNA HealthCare  
health information nurse*

Get detailed answers to your health care questions, directions to the nearest medical facility or pharmacy, helpful home care suggestions, or help with accessing emergency or urgent care.



or choose a program from our  
*health information library*

Listen to recorded programs on topics ranging from injuries and illnesses to wellness and fitness. Hundreds of programs are available; this guide is your complete directory.

- Simple voice prompts quickly guide you to the information you need.
- The 24-Hour Health Information Line travels with you — you can call from any phone, anywhere in the U.S.
- You can call, and so can any family member covered by your **CIGNA HealthCare** plan.

The CIGNA HealthCare **24-Hour Health Information Line** is just one of the benefits of choosing CIGNA HealthCare. We hope you'll find it helpful and convenient. Be sure to keep this guide handy, and don't worry, wonder or wait — whenever there's a question about health, just call. We'll be here!



*any phone*  
anywhere



*health information nurses*

A specially trained team of registered nurses is on duty around the clock. Your nurse will ask you a few questions about your symptoms and situation, then direct you to the type of care that should make you more comfortable.

- If your condition doesn't require immediate care, your nurse will recommend steps you can take to be more comfortable until you see your doctor.
- If you're away from home, your nurse can help you locate nearby doctors, facilities and pharmacies.
- If you need urgent care, your nurse will direct you to the nearest qualified provider or facility.
- If it appears that you need emergency care, your nurse will direct you to call **911** or other emergency services in your area. Your nurse will help you access the appropriate services.
- If you're directed to seek immediate medical attention, we'll provide your doctor with the details. This information becomes part of your medical records, to update your health status and alert your doctor to the need for follow-up care if necessary.

## *the health information library*

You can listen to tapes on topics ranging from aging and women's health to nutrition and surgery. The tapes are regularly updated to include new treatments and medical data. You can listen to as many tapes as you like, and this booklet includes a handy directory to hundreds of subjects.

## *it's simple to use, easy to understand*

- Just call the number on the back of your CIGNA HealthCare ID card.
- Follow the simple instructions that quickly guide you to the information you need. If you have a rotary-dial phone, stay on the line for assistance.
- Use this handy directory to enter the code numbers of the programs you'd like to hear.
- There's no limit to the number of programs you can request in a single call.

## *nurses are always standing by*

To speak with a health information nurse at any time during your call — even if you're listening to a library tape — our system will quickly and automatically connect you.

## *call us if you're concerned or just curious*

- Use the **24-Hour Health Information Line** for helpful, everyday health information on all sorts of subjects, from sleeplessness to sunburn.
- You'll really appreciate this service if you have young children.
- If you're vacationing or traveling on business, if you're retired and travel often, or if you have kids away at school — the **Health Information Line** is a valuable first step in learning about and caring for everyday health matters.

Don't wait, don't wonder, or possibly delay necessary treatment or helpful self-care. Call the **CIGNA HealthCare 24-Hour Health Information Line** and get the information you need. Quickly and easily.



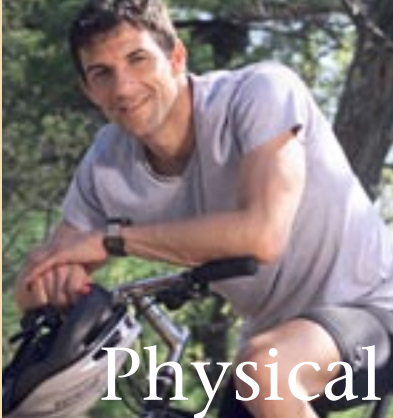
## *quick, easy information*



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## Women's Health



## Physical Fitness

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- 4538 Tetanus
- 4539 Trichomoniasis
- 4540 Tuberculosis (TB)
- 4541 Viral Hepatitis
- 4542 West Nile Virus

*Medications*

- 4250 ACE Inhibitors
- 4251 Antacids
- 4252 Antibiotics
- 4253 Antidepressant Medicines
- 4254 Antidiarrheal Medicines
- 4255 Anti-Inflammatory Medicines
- 4256 Ask About Your Medicines
- 4257 Beta Blockers
- 4258 Calcium Channel Blockers
- 4259 Corticosteroids
- 4260 Cough Medicine
- 4261 Decongestants Versus Antihistamines
- 4262 Diuretics
- 4263 Drug Interactions

- 4264 Generic and Brand-Name Drugs
- 4265 Growth Hormone Supplements
- 4266 High Blood Pressure Medicines
- 4267 Laxative Abuse
- 4273 Medicines to Have on Hand
- 4268 Medicines: Using Them Safely
- 4269 Nitroglycerin and Other Nitrates
- 4270 Over-The-Counter Medicines
- 4271 Sleeping Pills
- 4272 Smoking and Drug Interaction
- 4274 Tetanus Vaccine
- 4275 Tranquilizers
- 4276 Vasodilators

*Men's Health*

- 4600 Enlarged Prostate (Benign Prostatic Hyperplasia)
- 4601 Erectile Dysfunction (Impotence)
- 4602 Hair Loss
- 4603 Infertility
- 4604 Male Condom
- 4605 Penile Inflammation
- 4606 Premature Ejaculation
- 4607 Prostate Problems
- 4608 Prostatectomy
- 4609 Routine Health Care for Men
- 4610 Sexual Response in Men
- 4611 Testicular Self-Examination
- 4612 Vasectomy

*Nutrition and Weight Control*

- 4700 Caffeine in Your Diet
- 4701 Calcium
- 4702 Carbohydrates
- 4703 Dealing with Feelings About Food
- 4704 Diabetes: Food Management
- 4705 Dieting and Eating Out
- 4706 Eating Basics for Children
- 4707 Eating Healthy Snacks
- 4708 Exercise to Stay Healthy
- 4709 Fat in Your Diet
- 4710 Fat-Free Foods
- 4711 Fiber in Your Diet
- 4730 Food Diary Use
- 4712 Grains in Your Diet
- 4728 Healthy Diet
- 4713 Healthy Weight Gain
- 4714 Losing Weight
- Nutrition for Diabetics:
  - 4715 Eating Out
  - 4716 Food Labels
  - 4717 Protein
  - 4718 Use of Alcohol
- 4719 Obesity
- 4720 Overcoming Binge Eating
- 4721 Overweight Child
- 4722 Overweight or Overfat?
- 4723 Protein
- 4724 Reading Food Labels
- 4725 Salt in Your Diet
- 4726 Sugar in Your Diet
- 4727 Sugar Substitutes
- 4729 USDA Food Guide Pyramid
- 4731 Vegetarian Diet

- 4732 Vitamins
- 4733 Weight Loss Diets

*Preventive Health*

- 4650 Back Pain Prevention: Body Mechanics
- 4651 Bathroom Safety
- 4652 Cancer Prevention and Nutrition
- 4653 Childproofing Your Home
- 4654 Controlling Cholesterol
- 4655 Diet for a Healthy Mouth
- 4656 Drowning Prevention
- 4657 Exercise to Stay Healthy
- 4658 Exercises for the Workplace
- 4660 Heart Disease: Prevention
- 4661 Home Safety Tips
- 4662 How Noise Affects Hearing
- 4663 Immunization Schedule: Children
- 4664 Immunizations: Adults
- 4665 Lift It Right
- 4666 Medicines: Using Them Safely
- 4667 Obesity
- 4659 Personal Health Management
- 4668 Poison Prevention
- 4669 Preventing Burns and Scalds
- 4670 Preventing Falls
- 4671 Protecting Yourself from Cancer
- 4672 Routine Health Care for Men
- 4673 Routine Health Care for Women
- 4674 Safety Seats for Children

- 4675 Stress and Its Effects on the Body
- 4676 Water: Essential for Good Health

*Respiratory Health*

- 4800 Acute Bronchitis
- 4801 Asthma
- 4802 Breathing Exercises
- 4803 Bronchiolitis
- 4804 Bronchoscopy
- 4805 Chronic Bronchitis
- 4806 Chronic Obstructive Pulmonary Disease (COPD)
- 4807 Collapsed Lung: Injury-Related
- 4808 Collapsed Lung: Non-Injury-Related
- 4809 Cough
- 4810 Emphysema
- 4811 Pneumonia
- 4812 Pulmonary Embolism
- 4813 Pulmonary Function Tests
- 4814 Shortness of Breath
- 4815 Sleep Apnea
- 4816 Sleep Apnea: Infants
- 4817 Snoring
- 4818 Thoracentesis
- 4819 Using Oxygen at Home

*Safety and Emergency Preparedness*

- 4900 Animal and Human Bites
- 4901 Anthrax
- 4902 Bee Stings
- 4903 Biological Terrorism Agents
- 4904 Blisters
- 4905 Bruises

- 4906 Cardiopulmonary Resuscitation (CPR)
- 4907 Chemical Terrorism Agents
- 4908 Chemical Warning Labels
- 4909 Choking Prevention
- 4910 Dehydration
- 4911 Driving Responsibly
- 4912 Electrical Shock
- 4913 Electricity: Preventing Injuries
- 4914 Eye Symptoms Demanding Immediate Attention
- 4915 First Aid for First-Degree Burns
- 4916 First Aid for Second-Degree Burns
- 4917 First Aid for Third-Degree Burns
- 4918 Food Poisoning
- 4919 Food Poisoning: Botulism
- 4920 Food Poisoning: E. Coli Infection
- 4921 Food Poisoning: Salmonellosis
- 4922 Frostbite
- 4923 Heart Attack: Early Warning Signs
- 4924 Heat Illness
- 4925 Home First Aid Supplies
- 4926 Home Security
- 4927 Hypothermia
- 4928 Poisoning
- 4929 Puncture Wounds
- 4930 Rape
- 4931 Rape Prevention
- 4932 RICE: Rest, Ice, Compression, Elevation
- 4933 Safety Glasses and Goggles
- 4934 Scrapes and Scratches

- 4935 Smallpox Vaccine
- 4936 Snakebites
- 4937 Something in Your Eyes
- 4938 Sore Throat
- 4939 Spider Bites and Scorpion Stings
- 4940 Splinters
- 4941 Sunburn
- 4942 Tetanus Vaccine
- 4943 Tick Bites

*Skin Health*

- 4850 Acne
- 4851 Blisters
- 4852 Boils and Carbuncles
- 4853 Canker Sores
- 4854 Cellulitis
- 4855 Cold Sores (Fever Blisters)
- 4856 Contact Dermatitis
- 4857 Dandruff
- 4858 Eczema
- 4859 Hives
- 4860 Impetigo
- 4861 Itching
- 4862 Moles
- 4863 Plantar Warts
- 4864 Psoriasis
- 4865 Rosacea
- 4866 Seborrhea
- 4867 Sjogren's Syndrome
- 4868 Skin Infection
- 4869 Skin Lesions
- 4870 Skin or Soft Tissue Abscess
- 4871 Sunburn
- 4872 Tanning Beds
- 4873 Warts

*Surgery*

- 5000 Anesthesia
- 5001 Body Contouring
- 5002 Breast Enlargement (Augmentation Mammoplasty)
- 5003 Breast Reconstruction
- 5004 Breast Reduction (Reduction Mammoplasty)
- 5005 Eyelid Surgery (Blepharoplasty)
- 5006 Facelifts
- 5007 Laser Treatment
- 5008 Liposuction
- 5009 Nose Reconstruction (Rhinoplasty)
- 5010 Skin Resurfacing
- 5011 Tummy Tuck

*Symptoms*

- 5050 Abdominal Cramps
- 5051 Constipation
- 5052 Cough
- 5053 Dehydration
- 5054 Dizziness and Vertigo
- 5055 Earache
- 5056 Fatigue
- 5057 Fever
- 5058 Heart Palpitations
- 5059 Heartburn
- 5060 Insomnia
- 5061 Irritability
- 5062 Loss of Appetite
- 5063 Lymph Nodes: Enlarged
- 5064 Memory Loss
- 5065 Nausea and Vomiting
- 5066 Nervousness
- 5067 Personality Change

- 5068 Rectal Bleeding
- 5069 Shortness of Breath
- 5070 Skin Lesions
- 5071 Swallowing Difficulty (Dysphagia)
- 5072 Tinnitus
- 5073 Urinary Incontinence
- 5074 Urination Problems
- 5075 Wheezing

*Tests and Examinations*

- 5100 Angiograms
- 5101 Arterial Blood Gases
- 5102 Barium Enema
- 5103 Barium X-Ray Exam: Esophagus and Stomach
- 5104 Biopsy
- 5106 Blood: Iron Test
- 5105 Blood (Serum) Glucose Test
- 5107 Bone Marrow Biopsy
- 5108 Bone Scan
- 5109 Bronchoscopy
- 5110 Cholesterol: Lipid Panel Test
- 5111 Colonoscopy
- 5112 Colorectal Cancer Screening
- 5113 Colposcopy of the Vagina and Cervix
- 5114 Complete Blood Count Test (CBC)
- 5115 Coronary Angiogram
- 5116 CT Scanning
- 5117 Cystoscopy
- 5118 Diagnostic Laparoscopy
- 5119 Echocardiogram
- 5120 Electrocardiogram (ECG or EKG)

- 5121 Electroencephalogram (EEG)
- 5123 Endoscopic Retrograde Cholangiopancreatography (ERCP)
- 5122 Electromyogram (EMG)
- 5124 Fluoroscopy
- 5125 Heart Catheterization
- 5126 Holter Monitors
- 5127 Magnetic Resonance Imaging (MRI)
- 5128 Mammograms
- 5129 Pap Smear (Cervical Smear)
- 5130 Percutaneous Transhepatic Cholangiography (PTHC)
- 5131 Sigmoidoscopy
- 5132 Thyroid Scan
- 5133 Thyroid-Stimulating Hormone (TSH) Test
- 5134 Thyroxine (T4) Test
- 5135 Ultrasound Scanning
- 5136 Urine Culture
- 5137 Urine Tests
- 5138 X-Rays

*Urinary and Genital Systems*

- 5350 Acute Kidney Failure (Acute Renal Insufficiency)
- 5351 Bladder Infection (Cystitis)
- 5352 Blood in Urine (Hematuria)
- 5353 Chronic Kidney Failure (Chronic Renal Insufficiency)
- 5354 Functional Urinary Incontinence
- 5355 Indwelling Catheter Care
- 5356 Kegel Exercises for Bladder Control

- 5357 Kidney Infection (Pyelonephritis)
- 5358 Kidney Stones
- 5359 Lithotripsy for Kidney Stones
- 5360 Overflow Incontinence
- 5361 Urge Incontinence
- 5362 Urinary Catheterization
- 5363 Urinary Incontinence
- 5364 Urinary Obstruction
- 5365 Urinary Tract Infection in Men
- 5366 Urinary Tract Infection in Women

*Women's Health*

- 5200 Abdominal Hysterectomy
- 5201 Abuse and Violence – Adults
- 5202 Amniocentesis
- 5203 Atrophic Vaginitis
- 5204 Bartholin's Gland Cyst
- 5205 Benign Ovarian Tumor
- 5206 Birth Control
- 5207 Birth Control Patch
- 5208 Birth Control Pills
- 5209 Bleeding Between Menstrual Periods (Metrorrhagia)
- 5210 Breast Infection (Mastitis)
- 5211 Breast Self-Exam
- 5212 Cervical Cap
- 5213 Cervical Dysplasia
- 5214 Cervical Polyps
- 5215 Cervicitis
- 5216 Cesarean Section
- 5217 Choosing a Health Care Provider for Your Pregnancy

- 5218 Chorionic Villus Sampling (CVS)
- 5219 D&C, Diagnostic (Dilation and Curettage)
- 5220 D&C, Therapeutic (Dilation and Curettage)
- 5221 Danger Signs in Pregnancy
- 5222 Depo-Provera
- 5223 Diabetes in Pregnancy
- 5224 Diaphragm
- 5225 Diet During Pregnancy
- 5226 Diethylstilbestrol (DES)
- 5227 Drug, Alcohol, and Tobacco Use During Pregnancy
- 5228 Ectopic Pregnancy
- 5229 Emergency Birth Control (Morning-After Pill)
- 5230 Endometrial Biopsy
- 5231 Endometriosis
- 5232 Episiotomy
- 5233 Exercise After Delivery
- 5234 Exercise During Pregnancy
- 5235 Female Condom
- 5236 Female Sterilization
- 5237 Feminine Hygiene
- 5238 Fetal Alcohol Syndrome
- 5239 Fibrocystic Breast Changes
- 5240 Genetic Screening Before or During Pregnancy
- 5241 Getting Ready for Pregnancy
- 5242 Hair Loss in Women
- 5243 Hot Flashes
- 5244 Hysteroscopy
- 5245 Infertility
- 5246 Intrauterine Device (IUD)
- 5247 Labor and Delivery
- 5248 Mammograms
- 5249 Menopausal Hormone Therapy
- 5250 Menopause
- 5251 Menstrual Cramps
- 5252 Miscarriage
- 5253 Missed Menstrual Periods (Amenorrhea)
- 5254 Morning Sickness
- 5255 Natural Family Planning
- 5256 Nipple Discharge (Galactorrhea)
- 5257 Normal Growth of a Baby During Pregnancy
- 5258 Norplant
- 5259 Ovarian Cysts
- 5260 Overcoming Fear of Childbirth
- 5261 Ovulation Abnormalities
- 5262 Painful Intercourse
- 5263 Pelvic Examination
- 5264 Pelvic Inflammatory Disease
- 5265 Pelvic Support Problems
- 5266 Postmenopausal Bleeding
- 5267 Postpartum Care
- 5268 Postpartum Complications
- 5269 Postpartum Depression
- 5270 Preeclampsia
- 5271 Pregnancy Tests
- 5272 Premenstrual Dysphoric Disorder (PMDD)
- 5273 Premenstrual Syndrome (PMS)
- 5274 Prenatal Care
- 5275 Prenatal Tests
- 5276 Routine Health Care for Women
- 5277 Ruptured Membranes
- 5278 Sex During Pregnancy

- 5279 Sexual Abstinence
- 5280 Sexual Response in Women
- 5281 Skin Conditions During Pregnancy
- 5282 Smoking During Pregnancy
- 5283 Spermicides
- 5284 Stress Incontinence in Women
- 5285 Tipped Uterus
- 5286 Toxic Shock Syndrome
- 5287 Travel When You Are Pregnant
- 5288 Uterine Fibroids
- 5289 Vaginal Contraceptive Ring
- 5290 Vaginal Cysts, Polyps, and Warts
- 5291 Vaginal Hysterectomy
- 5292 Vaginal Hysterectomy with Laparoscopy
- 5293 Vaginitis
- 5294 Vulvar Dystrophy
- 5295 Vulvitis
- 5296 Working During Pregnancy
- 5297 Yeast Infection (Candidiasis)

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