

24/7 Nurse Navigation

HELPING YOU NAVIGATE THE COMPLEX WORLD OF HEALTHCARE

Access our nurse navigation team, from the comfort of your home



FOR A VIRTUAL NURSE
OR DOCTOR VISIT:



myNebraskaBlue.com



844-908-3295.



Receive a link to talk
to our care team

OUR 24/7 NURSE LINE HELPS PATIENTS WITH:

➔ OVER-THE-COUNTER (OTC) MEDICATION GUIDANCE

Get advice on proper use, dosage and interactions.

➔ HEALTH EDUCATION

Learn about chronic conditions, prevention and wellness.

➔ MEDICATION

Get help with side effects, interactions and symptoms.

➔ VIRAL ILLNESS SUPPORT

Manage symptoms and home care recommendations.

➔ PRIMARY CARE REFERRALS

Offer a list of trusted providers to choose from for establishing primary care.

➔ URGENCY EVALUATION

Determine if urgent care, primary care, or virtual care is needed.

➔ HOME CARE ADVICE

Offer practical guidance for minor injuries and illnesses.

➔ WORK AND SCHOOL EXCUSE

Assist with obtaining necessary documentation.