Blue Cross Community Health Plans℠

HealthChoice Illinois

Illinois Department of Healthcare and Family Services

AudioHealth Library®

Find answers to your health questions from experts you can trust - anytime, anywhere in Spanish and English.

Topics include preventing illness, medical treatments, mental health and so much more.

Blue Cross Community Health Plans is provided by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association.

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What is the AudioHealth Library?

The AudioHealth Library houses more than 500 recorded messages on diagnosing health problems, various medical procedures, mental health topics, prenatal care, dental health, diabetes and more. Many of these topics are available in Spanish.

Why use the AudioHealth Library?

Listen to medical experts on a wide range of topics that matter to you and your family. It is like having a doctor who is a friend you can learn from.

How do you use the AudioHealth Library?

- Call **1-888-343-2697**, (TTY: **711**), which is also the 24/7 Nurseline.
- Press 3.
- If you know the four-digit number of the topic you want to hear, wait until prompted, then press 1 to enter.
- If you do not know the topic number, and it is not listed on this brochure, a full list is available online: **audiohealthlibrary.carenethealth.com**
- Call back with the four-digit topic number, press 1, then enter the topic number when prompted.
- Enjoy the recording.

A registered nurse on 24/7 Nurseline is also available at the same number.

If you have a more urgent health concern and would like to speak to a registered nurse, call **1-888-343-2697**, (TTY: **711**) and press 2.

Nurses are available 24 hours a day, seven days a week. They can give you information about your health concerns and help you decide if you should make an appointment with your doctor, go to an urgent care center or go to the emergency room (ER). **For emergencies, call 911 or go to the nearest ER.**

AudioHealth Library

Topic	Topic No.
Alcohol and Drug Problems	**1838**
Allergies	**1000**
Alzheimer's Disease	**1061**
Asthma in Teens and Adults	**1981**
Attention Deficit Hyperactivity Disorder	**1250**
Cataract Surgery	**2152**
Cataracts	**1709**
Colorectal Cancer	**1113**
Dementia	**1071**
Depression	**2057**
Diabetic Neuropathy	**1515**
Diabetic Retinopathy	**1516**
Diet During Pregnancy	**2708**
Early Disease Detection	**1295**
Exercise During Pregnancy	**2709**
Fitness	**1833**
Grief and Grieving	**2059**
Healthy Eating	**1853**
Healthy Eating for Children	**1837**
Heart Attack Prevention	**1904**
Heart Failure	**1907**
Hepatitis C	**1827**
High Blood Pressure (Hypertension)	**1909**

For a full list of topics, go to
audiohealthlibrary.carenethealth.com

**To use the AudioHealth Library,
call 1-888-343-2697 (TTY: 711).**

AudioHealth Library

Topic	Topic No.
High Cholesterol	**1832**
Home Blood Sugar	**1506**
Immunizations	**1279**
Labor, Delivery and Postpartum	**2754**
Mammogram	**1107**
Miscarriage	**2717**
Pelvic Exam and Pap Test	**1544**
Postpartum Depression	**2750**
Pregnancy	**2705**
Preparing for a Healthy Baby	**2700**
Prostate Cancer	**1128**
Rheumatoid Arthritis	**1034**
Sexually Transmitted Infections	**1848**
Should I Have Knee Replacement Surgery?	**2163**
Stress Management	**1845**
Stroke	**1067**
Sudden Infant Death Syndrome (SIDS)	**1287**
Teething	**1288**
Treatment for Alcohol Use Problems	**2428**
Type 1 Diabetes	**1508**
Type 2 Diabetes	**1500**
Type 2 Diabetes: Living With Complications	**1501**
Type 2 Diabetes: Living With the Disease	**1502**
Type 2 Diabetes: Recently Diagnosed	**1503**
Women's Cancers	**1120**

For a full list of topics, go to
audiohealthlibrary.carenethealth.com

Like having a doctor for a friend 24 hours a day, seven days a week. Call 1-888-343-2697, (TTY: 711).

To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD: 711.

If you have any questions, please call Member Services at 1-877-860-2837 (TTY/TTD: 711). We are available 24 hours a day, seven (7) days a week.

Blue Cross and Blue Shield of Illinois complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-860-2837 (TTY/TDD: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-860-2837 (TTY/TDD: 711).

The health information in the AudioHealth Library is not intended as medical advice or meant to be a substitute for the independent judgment of a medical provider, who should be consulted for individual advice and any health questions or concerns.

All health care providers referenced in this document are not employed by and are independent from Blue Cross and Blue Shield of Illinois.

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Illinois Client Enrollment Services will send you information about your health plan choices when it is time for you to make a health plan choice and during your Open Enrollment period.

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