



# When you're not sure where to start, start here



Some decisions are easy to make. But when you're facing an important health decision, it's not always easy to know what options are available.

## Our nurses are here to help you:

- Learn more about a diagnosis
- Schedule a second opinion
- Understand your treatment options
- Communicate effectively with your doctor
- Estimate treatment costs
- Know what to expect from surgery
- Prepare for recovery
- Make a decision that's right for you

**Our nurses have in-depth knowledge and experience to provide information on many conditions, including:**

- Allergies
- Benign prostatic hyperplasia (enlarged prostate)
- Breast, cervical and colon cancer
- Hip and knee replacement
- Low back pain
- Obesity

This service is available at no extra cost as part of your benefit plan.



Decision Support: **1-866-679-0946**, TTY 711

United  
Healthcare



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only and provided as part of your health plan. The nurses and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

Administrative services provided by United HealthCare Services, Inc. or their affiliates. Do not reproduce, transmit or modify the content set forth herein in any form or by any means without written permission of UnitedHealthcare.