



Blue Cross Community Health PlansSM



HealthChoice Illinois

Illinois Department of
Healthcare and Family Services



AudioHealth Library[®]

Listen to pre-taped messages in English or Spanish on many health topics. This information helps with the following:

- Preventing illness
- Understanding warning signs
- Learning about staying healthy

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

AudioHealth Library Topics

Topic	Topic No. .
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

Note: This is not a complete list of the topics available in the AudioHealth Library.



What is the AudioHealth Library?

The AudioHealth Library houses a set of pre-taped messages on many common illnesses and health problems, such as prenatal care, asthma care, diabetes management, oral health and many more. Listen to more than 500 health topics. Some of these topics are available in Spanish.

Why use the AudioHealth Library?

There are times when you may have questions or concerns about your health even if you are not sick. Use the AudioHealth Library to learn more about illnesses and chronic conditions.

How do you use the AudioHealth Library?

- Call **1-888-343-2697**, (TTY: **711**).
- To listen to pre-taped topics from the AudioHealth Library, press 4.
- If you know the four-digit number of the topic you want to listen to, press 1.
- If you do not know the four-digit number of the topic and want to hear where you can access the full list of topics and topic numbers, press 2. The full list of topics can be found at audiohealthlibrary.carenethealth.com/
- Call back when you have the four-digit topic number.
- Listen to the recording.

24/7 Nurseline

Call **1-888-343-2697**, (TTY: **711**) and press 2, if you would like to speak with a nurse. This is the number for the 24/7 Nurseline and the AudioHealth Library.

Nurses are available 24 hours a day, seven days a week. They can give you information about your health concerns and general health tips. Nurses can also 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.**

Talk to your doctor about any health questions or concerns.

AudioHealth Library Topics

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
High Cholesterol	1832

Note: This is not a complete list of the topics available in the AudioHealth Library.

The AudioHealth Library is available
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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