



Consider these quality health care options before you go to the emergency room:

Think
before
you ER

- **Talk to a nurse:**
24/7 NurseLine
866-534-8434
- **Find urgent care near you:**
anthem.com/eralternatives

More info: **anthem.com/verizon**

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An apple a day...

An apple isn't the cure for all life's bumps and bruises, but neither is the ER. So when you need medical help, try these quality options:

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