

Finding reliable health and well-being information on the Internet can be challenging. But, with **myuhc.com**'s Live Nurse Chat, you can have a personal online discussion with a nurse and get the trusted information you want – all from your own computer. And, this service is available any time you need it.

myuhc.com[®] Live Nurse Chat

Using Live Nurse Chat

It's easy to log on and chat with a nurse. To begin your session:

- ▶ Log on to **myuhc.com** and click the "Live Nurse Chat" link
- ▶ Provide a name – most people use their first name
- ▶ Enter your age and gender
- ▶ Select "Continue" if you accept the Terms and Conditions to chat with a nurse

You then will be connected with a nurse, who can help answer your health questions.

It's that simple.

It's convenient...

Live nurse chats are a fast, easy way to get answers to your health questions.

You can have a live, personal online discussion with a nurse about various health and wellness issues. Learn more about fitness, nutrition, common illnesses and conditions, prevention tips and much more.

During your chat, the nurse can display Web pages and suggest other helpful resources related to the topic you're discussing. At the end of the chat, you can request a transcript of your conversation and Web pages for future reference.

Keep in mind that any symptoms you may be having are best addressed by calling your doctor. Live chat nurses can only assist with your general health questions due to the limits of online chat technology.

...and private

Live Nurse Chat sessions are securely operated, with access granted only to you and the nurse. Your chat will be personal and anonymous. If you have questions about your privacy, feel free to ask the nurse about them, in addition to reviewing the privacy policy, before you start your session.

