



BlueCross BlueShield of Oklahoma

24/7 Nurseline Audio Health Topics

What are audio health topics?

Health care questions and concerns are present even when symptoms are not. The 24/7 Nurseline audio health topics are available to help you and your family educate yourselves about many common and chronic illnesses and diseases — 24 hours a day, 7 days a week.

Pre-recorded messages on topics provide the information you need to help:

- Prevent illness
- Identify warning signs
- Administer self care

How can I listen to audio health topics?

It's easy, just call the same toll-free number you call to speak with a nurse. You can call anytime for information on a variety of health care topics. If you are calling from a touchtone phone, just follow the directions below. If you are calling from a dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic.

Call instructions:

- Look up the 4-digit number for the topic you want to hear.
- Call the toll-free number.
- Select the option for audio health topics. You will be transferred to an agent who can connect you to the appropriate recording.
- Listen to the recording. Topics are usually 2 to 5 minutes in length.



While listening to a topic, you can activate the following options by pressing the corresponding key on your telephone keypad.

Press 0 to speak to a nurse.

Press 1 to replay the entire topic.

Press 9 to end the call.



Call the 24/7 Nurseline at 800-581-0407 to access audio health topics.
Call 911 for health emergencies.

Audio Health Topics

Allergies and Immune System

3100	Allergies
3103	Allergy Tests
3102	Controlling Your Environment when You Have Allergies
3107	Drug Allergy
3811	Enlarged Lymph Nodes in Children
4209	Eye Allergy
4441	Flu Shots
3109	Food Allergy
3814	Food Allergy in Children
3110	Hay Fever
3817	Hay Fever in Children
3111	Hives
4664	Immunizations for Adults
4663	Immunizations for Children
3207	Lupus
5063	Lymph Nodes, Enlarged
3112	Poison Ivy, Sumac and Oak
3113	Severe Allergic Reaction
4443	Shots for Travel
4942	Tetanus Shots

Blood and Cancer

4402	Anemia
3607	Blood Clots
4404	Blood Transfusion
3500	Childhood Leukemia
4321	Hemophilia
4334	Sickle Cell Anemia

Bones, Muscles and Joints

3154	Arthritis
3157	Arthroscopy
4650	Back Pain Prevention at Work
3169	Bursitis

3171	Carpal Tunnel Syndrome
3172	Cast Care
3232	Curved Spine or Scoliosis
3188	Ganglion Cyst
3189	Gout
3205	Low Back Pain
3209	Muscle Cramps and Spasms
3738	Muscular Dystrophy
3213	Neck Spasms
3217	Osteoarthritis
3219	Osteoporosis
3223	Pigeon Toe
3228	Rheumatoid Arthritis
3241	Slipped Disk or Herniated Disk

Brain and Nervous System

3401	Alzheimer's Disease
4305	Cerebral Palsy
4406	Chronic Fatigue Syndrome
5054	Dizziness
3410	Epilepsy
5056	Fatigue
3177	Fibromyalgia
3416	Lou Gehrig's Disease
3418	Migraine Headache
3436	Migraine Headaches in Children
3435	Multiple Sclerosis
3423	Parkinson's Disease
4421	Restless Legs Syndrome
3425	Sciatica
3426	Seizures
3820	Seizures in Children
3430	Stroke
3432	Tension Headache
3778	Tics

Audio Health Topics

Cancer

3501	Bladder Cancer
3502	Bone Cancer
3504	Brain Cancer
4671	Cancer and Ways to Protect Yourself Against It
3511	Cancer Screening
3517	Cancer Warning Signs
3518	Cervical Cancer
3519	Chemotherapy
3711	Childhood Cancers
3520	Chronic Lymphocytic Leukemia
3521	Colon and Rectal Cancer
3547	Endometrial Cancer
3523	Esophageal Cancer
3524	Hodgkin Lymphoma
3526	Kidney Cancer
3527	Liver Cancer
3528	Lung Cancer
3529	Melanoma
3532	Non-Hodgkin Lymphoma
3533	Ovarian Cancer
3535	Pancreatic Cancer
3537	Prostate Cancer
3540	Radiation Therapy
3541	Skin Cancer
3543	Stomach Cancer
3544	Testicular Cancer
3545	Throat Cancer
3546	Thyroid Cancer

Heart and Blood Vessels

3600	Aneurysm
3601	Angina
3602	Angioplasty
3605	Atherosclerosis
3606	Atrial Fibrillation

3614	Congenital Heart Disease
3618	Coronary Artery Disease
3621	Deep Vein Thrombosis
3623	Exercise Stress Test
3640	Heart Attack
3624	Heart Attack Warning Signs
3625	Heart Catheterization
5324	Heart Conditions in Pregnancy
3653	Heart Disease and Women
4660	Heart Disease Prevention
3627	Heart Failure
3634	Heart Infection or Endocarditis
3628	Heart Murmur
3629	Heart Palpitations
3631	High Blood Pressure
3632	High Cholesterol
5126	Holter Monitors
3635	Low Blood Pressure
3637	Mitral Valve Prolapse
3642	Pacemakers
3645	Peripheral Artery Disease
3649	Triglycerides
3650	Varicose Veins

Children

3706	Bedwetting in Children
4738	Breast-Feeding Advice
4739	Breast-Feeding and Giving Your Baby Enough Milk
4740	Breast-Feeding and How to Increase Your Milk Supply
3708	Breast-Feeding Benefits
3790	Breast-Feeding Positions
3714	Croup
3715	Crying Baby
3725	Formula Feeding
4721	Overweight and Obese Children

Audio Health Topics

Children (Continued)

- 3789 Sleep Apnea in Babies
- 3771 Sudden Infant Death Syndrome or SIDS
- 3775 Temper Tantrums
- 3777 Thumbsucking
- 3779 Toddler Discipline
- 3780 Toilet Training
- 3783 Undescended Testicle
- 3798 Weaning from Breast to Bottle

Mouth and Teeth

- 3850 Bad Breath
- 4853 Canker Sore
- 4505 Cold Sores or Fever Blisters
- 3856 Dental Care for Adults
- 3852 Dental Care for Children
- 3855 Gingivitis
- 3774 Teething
- 4432 Temporomandibular Joint Disorder
- 3858 Thrush
- 3859 Toothache

Diabetes

- 3924 A1C Test for Diabetes
- 3923 Controlling Blood Sugar during Exercise when You Have Diabetes
- 3905 Diabetes — Type 1
- 3906 Diabetes — Type 2
- 4718 Diabetes and Alcohol
- 4715 Diabetes and Eating Out
- 3904 Diabetes and Exercise
- 3902 Diabetes and Food Management
- 3921 Diabetes and Heart Disease
- 3922 Diabetes and Nerve Damage
- 3900 Diabetes and Sick Days
- 3901 Diabetes Foot Care

- 3903 Diabetes Self Blood Glucose Monitoring
- 3907 Diabetic Eye Problems
- 3908 Diabetic Ketoacidosis
- 3909 Diabetic Retinopathy
- 3912 High Blood Sugar
- 3915 Low Blood Sugar
- 3782 Type 1 Diabetes in Children

Diet and Exercise

- 4700 Caffeine in Your Diet
- 4701 Calcium
- 4702 Carbohydrates
- 3615 Controlling Cholesterol
- 3654 DASH Diet for Hypertension
- 4707 Eating Healthy Snacks
- 4129 Exercise for Kids
- 3013 Exercise for Older Adults
- 3792 Exercise for Teens
- 4117 Exercise if You're Overweight
- 4118 Exercise to Stay Healthy
- 4735 Fast Food
- 4709 Fat in Your Diet
- 4711 Fiber in Your Diet
- 4743 Fluid Needs for Good Health
- 4122 Fluid Replacement
- 4728 Healthy Diet
- 3754 Healthy Meal Planning for Children
- 4737 Healthy Snacks for Children
- 4126 Home Exercise Equipment
- 4741 Iron in Your Diet
- 4736 Lactose Intolerance
- 4714 Losing Weight
- 3636 Low Sodium Diet
- 3211 Neck Exercises
- 3027 Nutrition for Healthy Aging
- 4719 Obesity

Audio Health Topics

Diet and Exercise (Continued)

4112	Personal Fitness Plan
4724	Reading Food Labels
4164	Safe Exercise for People with Heart Disease
4725	Salt in Your Diet
4153	Strength Training
4154	Stretching
4727	Sugar Substitutes
4155	Swimming and Water Exercise
4731	Vegetarian Diet
4732	Vitamins
4742	Vitamins and Minerals for Children
4733	Weight Loss Diets

Digestive System

5050	Abdominal Pain
4003	Appendicitis
4919	Botulism
4006	Cirrhosis
4008	Constipation
4009	Crohn's Disease
4010	Diarrhea
3809	Diarrhea in Children
4011	Diverticulitis
4012	Diverticulosis
4013	Duodenal Ulcer
4918	Food Poisoning
3815	Food Poisoning in Children
4014	Gallstones
4017	Gastritis
4019	Groin Hernia
4021	Heartburn
4023	Hemorrhoids
3728	Hernias in Children
4027	Hiatal Hernia
4029	Indigestion

4030	Intestinal Gas
4031	Irritable Bowel Syndrome
5065	Nausea and Vomiting
3819	Nausea and Vomiting in Children
4007	Polyyps in the Colon and Rectum
4035	Rectal Bleeding
4037	Stomach Flu
4016	Stomach Ulcer
4038	Traveler's Diarrhea

Ear, Nose and Throat

3963	Earache
3810	Earache in Children
3953	Earwax
3955	Laryngitis
3950	Middle Ear Infection
3956	Nosebleed
3427	Sinus Headache
3958	Sinusitis
4817	Snoring
3959	Sore Throat
3822	Sore Throat in Children
5072	Tinnitus

Eyes

4224	Astigmatism
4200	Cataract
4202	Color Blindness
4203	Common Vision Problems
4207	Crossed Eyes or Strabismus
4212	Eye Symptoms Demanding Immediate Attention
4214	Eyestrain
4216	Glaucoma
4228	Macular Degeneration
4218	Pinkeye or Conjunctivitis
4219	Retinal Detachment

Audio Health Topics

Eyes (Continued)

- 4206 Scratch on the Surface of the Eye or Corneal Abrasion
- 4221 Sty

Foot Problems

- 3168 Bunion
- 3191 Heel Pain
- 3196 Ingrown Toenail
- 3224 Plantar Fasciitis

Genes and Heredity

- 4314 Down Syndrome

General Health

- 4910 Dehydration
- 5057 Fever
- 3812 Fever in Children
- 4924 Heat Illness
- 4416 Hiccups

Hormones

- 3914 Hyperthyroidism
- 3916 Hypothyroidism

Infectious Disease

- 4552 Antibiotic-Resistant Infections
- 3402 Bacterial Meningitis in Adults
- 3705 Bacterial Meningitis in Children
- 3162 Bone Infection
- 4544 Cat Scratch Disease
- 4545 Chickenpox
- 3805 Chickenpox in Children
- 5442 Chikungunya
- 4503 Chlamydial Infection in Men
- 4504 Chlamydial Infection in Women

- 4507 Dengue Fever and Dengue Hemorrhagic Fever
- 4920 E. Coli Infection
- 5444 Ebola Virus
- 4508 Fifth Disease
- 4522 Flu
- 3813 Flu in Children
- 4510 Genital Herpes
- 4511 Genital Warts and HPV Infection
- 4547 Giardiasis
- 4512 Gonorrhea
- 4513 Group A Strep Disease
- 4514 Hand-Foot-and-Mouth Disease
- 4042 Helicobacter Pylori
- 4024 Hepatitis A
- 4025 Hepatitis B
- 4026 Hepatitis C
- 4500 HIV and AIDS Risk Factors and Prevention
- 4516 HIV Infection and AIDS
- 4521 Infectious Mononucleosis
- 4524 Lice
- 4548 Listeriosis
- 4550 Measles
- 4551 Mumps
- 5264 Pelvic Inflammatory Disease
- 4526 Pinworms
- 4549 Rabies
- 4527 Rheumatic Fever
- 4529 Roseola in Children
- 4530 Rubella
- 4509 Salmonellosis
- 4533 Sexually Transmitted Diseases
- 4534 Shingles
- 3960 Strep Throat
- 4537 Syphilis
- 4538 Tetanus

Audio Health Topics

Infectious Disease (Continued)

- 4540 Tuberculosis
- 3434 Viral Meningitis in Adults
- 3785 Viral Meningitis in Children
- 4542 West Nile Virus
- 3787 Whooping Cough
- 5297 Yeast Infection
- 5448 Zika Virus

Injuries

- 3150 Achilles Tendon Injury
- 3153 ACL or Anterior Cruciate Ligament Injury
- 4900 Animal and Human Bites
- 3164 Ankle Fracture
- 5445 Burns Caused by Chemicals
- 5446 Burns Caused by Heat
- 3406 Concussion
- 4934 Cuts, Scrapes and Scratches
- 4912 Electric Shock
- 3185 Fracture Treatment
- 4922 Frostbite
- 4123 Groin Strain
- 3413 Head Injury
- 3193 Hip Fracture
- 4927 Hypothermia
- 3105 Insect Bites and Stings
- 3210 Muscle Strain
- 3212 Neck Injuries
- 3270 Nose Injury
- 4139 Overuse Injuries
- 4929 Puncture Wound
- 3237 Shoulder Injuries
- 4936 Snakebite
- 4939 Spider Bites and Scorpion Stings
- 3429 Spinal Cord Injury
- 3245 Sprains

- 3246 Stress Fractures
- 4157 Tendonitis
- 4943 Tick Bite
- 3258 Toe Fracture
- 3253 Using Crutches Safely
- 5015 Wound Closure and Wound Care

Medicines

- 4251 Antacids
- 4252 Antibiotics
- 4277 Anticoagulant and Antiplatelet Medicines
- 4253 Antidepressant Medicines
- 4255 Anti-Inflammatory Medicines
- 4257 Beta Blockers
- 4266 Blood Pressure Lowering Medicines
- 4259 Corticosteroids
- 3808 Cough Medicines and Children
- 4262 Diuretics
- 4263 Drug Interactions
- 4264 Generic Drugs
- 4267 Laxatives
- 3735 Medicine Safety in Children
- 4270 Nonprescription Medicines
- 4268 Using Medicine Safely

Men's Health

- 4607 Prostate Problems
- 4343 Vasectomy

Mental and Behavioral Health

- 3301 Abuse and Domestic Violence in Adults
- 3312 ADHD or Attention Deficit Hyperactivity Disorder in Children
- 3302 Aggressive Behavior in Children
- 3304 Alcohol Abuse and Dependence
- 4400 Alcohol and Health

Audio Health Topics

Mental and Behavioral Health (Continued)

3306 Amnesia
3307 Anger Management
3308 Anorexia
3310 Anxiety Disorders
3313 Binge Eating Disorder or Compulsive Overeating
3314 Bipolar Disorder
3315 Bulimia
3300 Child Abuse and Neglect
3317 Cocaine Abuse and Dependence
3373 Cognitive-Behavioral Therapy
3318 Compulsive Gambling
5269 Depression during Pregnancy and Childbirth
3772 Depression in Children and Teens
3010 Depression in Older Adults
3321 Depression Overview
4313 Disciplining Your Child
3720 Dyslexia
3724 Fetal Alcohol Syndrome in Children
3331 Hallucinations
3333 Hypnotherapy
3334 Illness Anxiety Disorder
3335 Incest
3374 Living with a Mentally Ill Person
3375 Marijuana Abuse and Dependence
3342 Narcissism or Narcissistic Personality Disorder
3739 New Baby Creates Jealousy
3345 OCD or Obsessive-Compulsive Disorder
3346 Panic Attacks or Panic Disorder
3349 Phobias
3350 Post-Traumatic Stress Disorder
3351 Prescription Drug Abuse and Dependence
3323 Recognizing Drug Abuse in Kids
3356 Schizophrenia
3357 Seasonal Affective Disorder
3358 Self-Esteem

3360 Sexual Abuse and Children
3379 Social Anxiety Disorder
3353 Somatization Disorder
4425 Stress
4426 Stress Management
3363 Suicide
4338 Talking with Your Child about Drinking and Drugs
4433 The Stresses of Chronic Illness
3367 Types of Therapy for Mental Health

Pain Management

4440 Chronic Pain
3263 Knee Pain
3422 Nerve Pain
3612 Noncardiac Chest Pain

Physical and Sports Medicine

3204 Low Back Exercises
3222 Physical Therapy
3271 PRICE: Protection, Rest, Ice, Compression and Elevation for Injuries

Pregnancy

5202 Amniocentesis
5216 Cesarean Section
5319 Counseling during Pregnancy
5225 Diet during Pregnancy
5228 Ectopic Pregnancy
5232 Episiotomy
5234 Exercise during Pregnancy
5325 Heartburn during Pregnancy
5247 Labor and Delivery
5331 Low Back Pain during Pregnancy
5252 Miscarriage
5254 Morning Sickness

Audio Health Topics

Pregnancy (Continued)

4326	Natural Family Planning
5257	Normal Growth of a Baby during Pregnancy
5306	Pain Relief in Labor and Delivery
5270	Preeclampsia
5335	Pregnancy and Weight Control
5274	Prenatal Care
5275	Prenatal Tests
5309	Preterm Labor
5311	Rh Incompatibility
5342	Swelling in the Hands and Feet during Pregnancy
5240	Tests for Genetic Problems before or during Pregnancy
5271	Tests for Pregnancy
5343	Toxoplasmosis during Pregnancy

Preventive Health

3000	A Healthy Lifestyle for Older Adults
4944	Carbon Monoxide Poisoning
4670	Fall Prevention and Home Safety
3362	How to Quit Smoking
4945	Insect Repellent Use
4659	Management of Your Personal Health
4672	Routine Health Care for Men
4673	Routine Health Care for Women
4674	Safety Seats for Children
4430	Talking with Your Health Care Provider

Respiratory and Lung Problems

4801	Asthma
4822	Asthma and How to Use Inhalers
3701	Asthma in Children
3803	Asthma Inhalers for Children
4909	Choking
4805	Chronic Bronchitis
4806	Chronic Obstructive Pulmonary Disease

4506	Colds
3806	Common Cold in Children
4809	Cough
3807	Cough in Children
4810	Emphysema
4811	Pneumonia
4815	Sleep Apnea

Sexual and Reproductive Health

4302	Birth Control Method
4304	Birth Control Pills
4601	Erectile Dysfunction
4323	Infertility
4325	Male Condom
5262	Painful Intercourse
4606	Premature Ejaculation
4930	Rape
4332	Sexual Abstinence

Skin

4850	Acne
3160	Athlete's Foot
4851	Blisters
4852	Boils and Carbuncles
4439	Botox Treatment of Wrinkles
4854	Cellulitis
3106	Contact Dermatitis
3174	Corns and Calluses
4857	Dandruff
3718	Diaper Rash
3108	Eczema
4602	Hair Loss in Men
4860	Impetigo
4861	Itching
3818	Itching in Children
4875	Jock Itch

Audio Health Topics

Skin (Continued)

4862	Moles
4864	Psoriasis
3759	Rashes in Infants
4528	Ringworm
4865	Rosacea
4531	Scabies
4869	Skin Exam
4877	Skin Infection around a Fingernail or Toenail
4871	Sunburn
3823	Sunburn in Children
4873	Warts
3825	Warts in Children

Sleep Disorders

5060	Insomnia
3344	Nightmares and Night Terrors
3766	Sleep Disorders in Children

Social and Family

3791	Finding and Choosing Child Care
3722	New Parents

Surgery

4201	Cataract Surgery
4004	Gallbladder Drainage
4015	Gallbladder Removal
3195	Hip Replacement Surgery
3201	Knee Replacement Surgery
4227	LASIK Surgery
5008	Liposuction
5291	Vaginal Hysterectomy

Tests and Diagnostic Procedures

5100	Angiograms
5104	Biopsy
5105	Blood Glucose Test
3608	Blood Pressure
5107	Bone Marrow Biopsy
5108	Bone Scan
5111	Colonoscopy
5112	Colorectal Cancer Screening
5114	Complete Blood Count Test
5116	CT Scan
5139	DEXA Scan
5118	Diagnostic Laparoscopy
5119	Echocardiogram
5120	Electrocardiogram or ECG or EKG
4519	HIV Tests
5110	Lipid Panel Test
5140	Liver Panel Test
5248	Mammogram
5127	MRI or Magnetic Resonance Imaging
3740	Newborn Screening Tests
5129	Pap Test
5263	Pelvic Exam
5142	Strep Test
3652	Tests to Diagnose Heart Disease
5137	Urine Tests
4436	Vital Signs
5138	X-Rays

Audio Health Topics

Urinary Problems

- 5351 Bladder Infection
- 5352 Blood in Urine
- 5356 Kegel Exercises
- 5357 Kidney Infection
- 5358 Kidney Stones
- 5366 Urinary Tract Infection in Women
- 5074 Urination Problems

Women's Health

- 5204 Bartholin's Gland Cyst
- 5209 Bleeding between Menstrual Periods
- 5210 Breast Infection
- 5211 Breast Self-Exam
- 5314 Breast Tenderness
- 5231 Endometriosis
- 5303 Heavy or Extended Menstrual Bleeding
- 5243 Hot Flashes
- 5249 Menopausal Hormone Therapy
- 5250 Menopause
- 5251 Menstrual Cramps
- 5253 Missed Menstrual Periods
- 5259 Ovarian Cysts
- 5273 PMS or Premenstrual Syndrome
- 5266 Postmenopausal Bleeding
- 5304 Sore Nipples while Breast-feeding
- 5288 Uterine Fibroids
- 5293 Vaginitis