



# 24/7 Helpline

**Help is just a phone call away.**

**Get free confidential help today.**

**24 hours a day, 7 days a week, 365 days a year!**

**The HealthEZ Helpline is here to answer your questions and offer advice. Access our team for guidance on:**

- Health symptoms and concerns
- Medications and side effects
- Reliable self-care home treatments
- When to go to the doctor
- When to go to urgent care
- When to go to the emergency room
- Local physician and hospital resources
- Wellness Information



**800-719-4814**

Call the toll free 24/7 helpline with any health questions. Additionally, you can email [service@healthez.com](mailto:service@healthez.com). The HealthEZ Helpline is not a live phone line and calls will be returned within 4 hours or less.

**healthEZ**