



Support to help you stay healthy

Here are some ways to get health care help



24/7 telephone advice nurse line

You can speak to a registered nurse anytime. They can answer your health questions. Then they'll work together with your doctor for your care. Call **1-702-877-8114**, TTY **711**, to speak with a nurse.



24/7 quick care video visits

Use NowClinic® when you need to see a doctor right away.* You'll have a video appointment with a health care professional. You can reach them 24/7 by phone, tablet or computer. NowClinic is perfect for nonemergency and nonurgent health issues. Visit nowclinic.com.



At-home visits with DispatchHealth® and Doctoroo®

If you're not feeling your best, you don't have to go to urgent care or the emergency room. A health care worker can come to your home instead. It's perfect for common illnesses. This could be the flu, fever, cough or nausea. Or it could work for skin rashes and urinary tract infections (UTIs). You can also get wound care and more. To get care, call the nurse line at **1-702-877-8114**, TTY **711**.



Help scheduling screenings and other care

Need help scheduling your Annual Wellness Visit or other screenings? Call our dedicated phone line. You can also get help with other health care needs. Call **1-702-933-1388**, TTY **711**.



Southwest Medical senior priority phone line

Do you use Southwest Medical for your health care? Are you age 65 or older? If so, you can reach your care team directly. They'll help you get the care you need, when you need it. Call **1-702-877-5088**, TTY **711**, Monday through Friday, 7 a.m. to 8 p.m. Call Saturday and Sunday from 7 a.m. to 5 p.m.

Schedule an appointment online

You can now use FollowMyHealth® to book a visit. You must have a Southwest Medical doctor in adult medicine. If you're already set up with your doctor, here are 3 easy steps:

Step 1: Log in to FollowMyHealth and click "Schedule" or "Schedule an appointment" on the top menu bar.

Step 2: Fill in the appointment detail information.

Step 3: Click on "Schedule your appointment."

Scan the QR code to start.



*NowClinic® is not intended to address emergency or life-threatening medical conditions. Please call 911 or go to the emergency room under those circumstances. NowClinic services may be covered by some health plans. Copays and deductibles may apply. Members under the age of 18 must have a guardian contact NowClinic customer support for assistance in enrolling for their account. Customer support can be reached at 1-877-550-1515, TTY 711. Dial 911 or go to the nearest emergency room if you have a serious illness or injury, such as bleeding that won't stop, chest pain or shortness of breath or numbness in the face, arm or leg.

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-855-780-5954, TTY 711. ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-855-780-5954, TTY 711. 請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-855-780-5954, TTY 711。

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