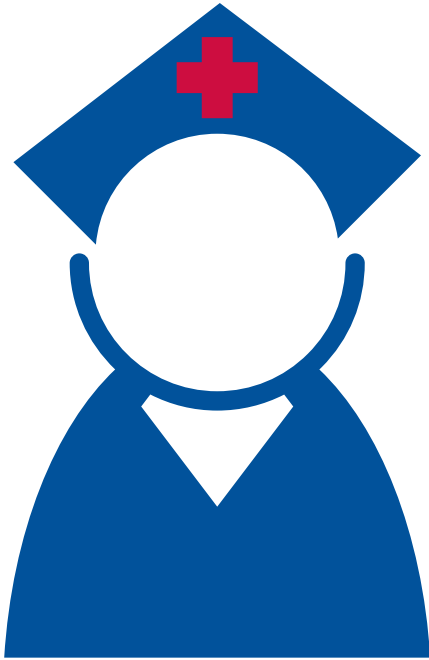


# Health Information Line

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As a member of the APWU Health Plan's High Option you have exclusive access to a variety of tools to help you live life well. The Health Information Line through CareAllies will allow you to research any health topic you choose and give you 24 hour support if you need to talk to someone.

## To Access:

- Call 1 (800) 582-1314
- Press 7 for Nurse Line and Audio Library
- Press 2 to access the Audio Library

Please scroll down for a comprehensive list of topics in the audio library

# Health Information on the Go!

For 24-hour guidance on medical treatment, call the Health Information Line for live support or listen to hundreds of topics on the latest health information in the audio library.

**Audio Library Catalog** – When you find a topic in which you’re interested, note the code, and then call the toll-free number on your ID card. Follow the voice prompts and enter the code - you’ll be listening in seconds. *Or, to download a podcast to your mobile device, visit your benefits website.*

## Allergies

- 1000 Allergies
- 1007 Allergy Shots
- 2770 Drug Allergies
- 1002 Food Allergies
- 2338 Hives

## Asthma

- 1981 Asthma in Teens and Adults

## Back and Neck Pain

- 1463 Herniated Disc
- 1450 Low Back Pain
- 1457 Neck Pain
- 2174 Surgery For Low Back Problems

## Blood and Lymph

- 1533 Complete Blood Count
- 2623 Iron Deficiency Anemia
- 2756 Rh Sensitization During Pregnancy
- 1460 Swollen Lymph Nodes
- 2680 Toxic Shock Syndrome

## Bones, Joints and Muscles

- 1030 Arthritis
- 2162 Arthroscopy
- 1780 Bunions
- 2103 Bursitis and Tendon Injury
- 2104 Carpal Tunnel Syndrome
- 1950 Chronic Fatigue Syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1463 Herniated Disc
- 2160 Hip Replacement Surgery
- 1031 Juvenile Rheumatoid Arthritis
- 1450 Low Back Pain
- 1033 Lupus
- 2106 Muscle Cramps And Leg Pain

- 1457 Neck Pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1784 Plantar Fasciitis
- 1034 Rheumatoid Arthritis
- 2169 Rotator Cuff Disorders
- 2163 Should I Have Knee Replacement Surgery
- 1456 Sports Injuries
- 2105 Strains, Sprains, Fractures, And Dislocations
- 2151 Surgery For Carpal Tunnel Syndrome
- 2174 Surgery For Low Back Problems
- 1461 Temporomandibular (TM) Disorders
- 1404 Tension Headaches

## Brain and Nerves

- 1060 ALS (Lou Gehrig’s Disease)
- 1061 Alzheimer’s Disease
- 1062 Bell’s Palsy
- 1453 Benign Paroxysmal Positional Vertigo
- 1069 Bipolar Disorder
- 2104 Carpal Tunnel Syndrome
- 1536 CT Scan of the Body
- 1071 Dementia
- 2057 Depression
- 1515 Diabetic Neuropathy
- 1080 Dyslexia
- 2052 Eating Disorders
- 1537 Electroencephalogram
- 1539 Electromyography and Nerve

## Conduction Studies

- 1064 Encephalitis
- 1063 Epilepsy
- 2032 Erection Problems
- 1068 Guillain-Barré Syndrome

- 1463 Herniated Disc
- 2400 Insomnia
- 1542 Magnetic Resonance Imaging
- 1644 Ménière’s Disease
- 1405 Migraine Headaches
- 1065 Multiple Sclerosis
- 1457 Neck Pain
- 1066 Parkinson’s Disease
- 1067 Stroke
- 1081 Stroke Rehabilitation
- 2151 Surgery For Carpal Tunnel Syndrome
- 2174 Surgery For Low Back Problems
- 1404 Tension Headaches

## Cancer

- 1841 Be Tobacco Free
- 1531 Breast Biopsy
- 1105 Cancer Pain
- 2245 Care at the End of Life
- 1113 Colorectal Cancer
- 2240 Hospice Care
- 1124 Lung Cancer
- 1111 Ovarian Cancer
- 1128 Prostate Cancer
- 1129 Skin Cancer



1120 Women's Cancers

### Children's Health

1250 Attention Deficit  
Hyperactivity Disorder

1251 Bed-Wetting

1254 Chickenpox

1240 Child Abuse and Neglect

1278 Childhood Rashes

1230 Domestic Violence

1264 Ear Infections

2165 Ear Tubes

1455 Fever, Age 4 and Older

1837 Healthy Eating for  
Children

1279 Immunizations

1272 Impetigo

1031 Juvenile Rheumatoid  
Arthritis

1274 Measles or Rubeola

1275 Mumps

1462 Nausea And Vomiting,  
Age 4 And Older

1280 Pinworms

1259 Reye's Syndrome

1283 Roseola

1284 Rubella, or German  
Measles

1288 Teething

1247 Temper Tantrums

1292 Thrush

1289 Thumb-Sucking

1290 Toilet Training

1293 Urinary Tract Infections  
in Children

### Diabetes

1515 Diabetic Neuropathy

1516 Diabetic Retinopathy

1504 Gestational Diabetes

1506 Home Blood Sugar  
Monitoring

1512 Prediabetes

1508 Type 1 Diabetes

1500 Type 2 Diabetes

1501 Type 2 Diabetes: Living  
With Complications

1502 Type 2 Diabetes: Living  
With the Disease

1503 Type 2 Diabetes: Recently  
Diagnosed

### Digestion

1547 Abdominal Ultrasound

1452 Antidiarrheals

1600 Appendicitis

1540 Barium Enema

2000 Bulking Agents and  
Laxatives

1257 Colic

1110 Colon Polyps

1113 Colorectal Cancer

1451 Constipation

1618 Crohn's Disease

1536 CT Scan of the Body

1454 Diarrhea, Age 12 and  
Older

1605 Diverticulosis

1402 Food Poisoning

2154 Gallbladder Surgery

1608 Gallstones

1612 Gastroesophageal Reflux  
Disease

1610 Heartburn

1952 Hepatitis

1953 Hepatitis B

2159 Hernia Surgery

1403 Inguinal Hernia

1611 Irritable Bowel Syndrome  
(IBS)

2164 Laparoscopy

1462 Nausea And Vomiting,  
Age 4 And Older

1613 Peptic Ulcer Disease

1609 Rectal Problems

2158 Surgery for Hemorrhoids

1603 Ulcerative Colitis

1541 Upper Gastrointestinal  
Series

1407 Viral and Bacterial  
Infections

2757 Weaning

### Disease and Injury Prevention

2204 Accident And Injury  
Prevention

1295 Early Disease Detection

1904 Heart Attack Prevention

1279 Immunizations

1544 Pelvic Exam And Pap Test

1545 Prostate-Specific Antigen  
Test

### Ear, Nose and Throat

1453 Benign Paroxysmal  
Positional Vertigo

1264 Ear Infections

2165 Ear Tubes

1640 Earwax

1646 Hearing Loss

1641 Labyrinthitis

1648 Laryngitis

1644 Ménière's Disease

1458 Nosebleeds

1406 Sinusitis

1459 Strep Throat

1643 Swimmer's Ear

2171 Tonsillectomy and  
Adenoidectomy

1560 Tonsillitis

### Eyes and Vision

1711 Age-Related Macular  
Degeneration

2152 Cataract Surgery

1709 Cataracts

1710 Color Blindness

1703 Contact Lens Care

1516 Diabetic Retinopathy

1708 Eye Inflammations

1705 Eye Injuries

1700 Eye Problems

1717 Floaters and Flashers

1712 Glaucoma

1716 Should I Have  
Laser Surgery for  
Nearsightedness?

1713 Strabismus

1702 Vision Tests

### First Aid

1750 Animal And Human Bites

1755 Blisters

2332 Boils

2000 Bulking Agents and  
Laxatives

1761 Burns

1781 Calluses And Corns

1255 Choking Rescue  
Procedure

2007 Cold And Allergy  
Remedies

2333 Cold Sores

1451 Constipation

2003 Cough Preparations

1762 Cuts

2002 Decongestants

1260 Dehydration

1454 Diarrhea, Age 12 and  
Older

1705 Eye Injuries

1253 Fever, Age 3 and Younger

1455 Fever, Age 4 and Older

2337 Frostbite

1759 Heat Exhaustion And  
Heat Stroke

1270 How To Take A  
Temperature

2256 Hypothermia

2203 Importance Of CPR  
Instruction

1751 Insect And Spider Bites  
And Stings

1458 Nosebleeds

2001 Pain Relievers

- 1763 Poisoning
- 1764 Puncture Wounds
- 1766 Removing Splinters
- 1758 Self-Care Supplies
- 1752 Snake Bites
- 1456 Sports Injuries
- 2105 Strains, Sprains, Fractures, And Dislocations
- 1754 Tick Bites

#### **Fitness and Exercise**

- 2709 Exercise During Pregnancy
- 1833 Fitness
- 1836 Physical Activity for Older Adults

#### **Headaches**

- 1405 Migraine Headaches
- 1404 Tension Headaches
- Healthy Eating
- 2753 Bottle-feeding
- 2751 Breast-Feeding
- 2708 Diet During Pregnancy
- 1831 Dietary Guidelines for Americans-2005
- 2251 Healthy Aging
- 1837 Healthy Eating for Children
- 1853 Healthy Snacks
- 2623 Iron Deficiency Anemia
- 2757 Weaning

#### **Heart and Circulation**

- 1908 Atrial Fibrillation (Irregular Heartbeats)
- 1915 Cardiac Rehabilitation
- 1903 Causes of Heart Attack
- 1900 Chest Pain
- 1534 Chest X-Ray
- 1538 Electrocardiogram
- 1532 Exercise Electrocardiogram
- 1901 Heart Attack and Unstable Angina
- 1904 Heart Attack Prevention
- 1907 Heart Failure
- 1909 High Blood Pressure (Hypertension)
- 1832 High Cholesterol
- 1542 Magnetic Resonance Imaging
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1067 Stroke
- 1081 Stroke Rehabilitation
- 1912 Varicose Veins

#### **Heart Problems**

- 1908 Atrial Fibrillation (Irregular Heartbeats)
- 1915 Cardiac Rehabilitation
- 1903 Causes of Heart Attack
- 1900 Chest Pain
- 1534 Chest X-Ray
- 1536 CT Scan of the Body
- 1538 Electrocardiogram
- 1532 Exercise Electrocardiogram
- 1901 Heart Attack and Unstable Angina
- 1904 Heart Attack Prevention
- 1907 Heart Failure
- 1909 High Blood Pressure (Hypertension)
- 1832 High Cholesterol
- 1542 Magnetic Resonance Imaging
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers

#### **Hormones**

- 2651 Hormone Therapy
- 2550 Hypothyroidism
- 1112 Polycystic Ovary Syndrome
- 1508 Type 1 Diabetes
- 1500 Type 2 Diabetes
- 1501 Type 2 Diabetes: Living With Complications
- 1502 Type 2 Diabetes: Living With the Disease
- 1503 Type 2 Diabetes: Recently Diagnosed

#### **Immune System**

- 1000 Allergies
- 1007 Allergy Shots
- 2336 Atopic Dermatitis
- 2770 Drug Allergies
- 1957 HIV Infection and AIDS
- 2338 Hives
- 1279 Immunizations
- 1959 Living With HIV Infection
- 1033 Lupus
- 1034 Rheumatoid Arthritis

#### **Infant and Toddler Health**

- 2436 Alcohol Effects on a Fetus
- 1250 Attention Deficit Hyperactivity Disorder
- 1251 Bed-Wetting
- 2753 Bottle-feeding
- 2751 Breast-Feeding
- 1254 Chickenpox
- 1240 Child Abuse and Neglect
- 1278 Childhood Rashes

- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1230 Domestic Violence
- 1264 Ear Infections
- 2165 Ear Tubes
- 1253 Fever, Age 3 and Younger
- 1267 Fifth Disease
- 1268 Growth and Development of the Newborn
- 1269 Hand-Foot-and-Mouth Disease
- 1837 Healthy Eating for Children
- 1279 Immunizations
- 1272 Impetigo
- 2754 Labor, Delivery, and Postpartum Period
- 1274 Measles or Rubeola
- 1275 Mumps
- 1261 Newborn Rashes and Skin Conditions
- 1280 Pinworms
- 1259 Reye's Syndrome
- 2756 Rh Sensitization During Pregnancy
- 1283 Roseola
- 1284 Rubella, or German Measles
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1247 Temper Tantrums
- 1292 Thrush
- 1289 Thumb-Sucking
- 1290 Toilet Training
- 1293 Urinary Tract Infections in Children
- 2757 Weaning

#### **Lungs and Airways**

- 1983 Acute Bronchitis
- 1000 Allergies
- 1007 Allergy Shots
- 1408 Avian Influenza (Bird Flu)
- 1841 Be Tobacco Free
- 1534 Chest X-Ray
- 1255 Choking Rescue Procedure
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 2007 Cold And Allergy Remedies
- 1400 Colds
- 2003 Cough Preparations
- 1258 Croup

1536 CT Scan of the Body  
2002 Decongestants  
2770 Drug Allergies  
1002 Food Allergies  
1401 Influenza  
1409 H1N1 Influenza (Swine Flu)  
1648 Laryngitis  
1124 Lung Cancer  
1546 Lung Function Tests  
1542 Magnetic Resonance Imaging  
1986 Pneumonia  
1406 Sinusitis  
2403 Sleep Apnea  
2406 Snoring  
1956 Tuberculosis (TB)  
1407 Viral and Bacterial Infections  
1965 West Nile Virus

### Men's Health

2034 Benign Prostatic Hyperplasia, or BPH  
2600 Birth Control  
2307 Chlamydia  
1256 Circumcision  
1230 Domestic Violence  
2032 Erection Problems  
2308 Genital Herpes  
2309 Genital Warts  
2310 Gonorrhea  
2033 Infertility  
1128 Prostate Cancer  
1545 Prostate-Specific Antigen Test  
1848 Sexually Transmitted Diseases  
2311 Syphilis  
2036 Testicular Problems  
2167 Transurethral Resection of the Prostate  
2315 Trichomoniasis  
2173 Vasectomy

### Mental and Behavioral Issues

1838 Alcohol and Drug Problems  
1250 Attention Deficit Hyperactivity Disorder  
1069 Bipolar Disorder  
1240 Child Abuse and Neglect  
1071 Dementia  
2057 Depression  
1230 Domestic Violence  
2052 Eating Disorders  
2059 Grief

2051 Obsessive-Compulsive Disorder  
2055 Panic Attacks and Panic Disorder  
1070 Schizophrenia  
2063 Social Anxiety Disorder  
1845 Stress Management  
2066 Suicide  
2435 Teen Alcohol and Drug Abuse  
2428 Treatment For Alcohol Use Problems

### Pregnancy and Childbirth

2436 Alcohol Effects on a Fetus  
2714 Amniocentesis  
2600 Birth Control  
2720 Cesarean Section  
1535 Chorionic Villus Sampling  
2752 Complications After Delivery  
2704 Danger Signs During Pregnancy  
2708 Diet During Pregnancy  
2157 Episiotomy  
2709 Exercise During Pregnancy  
1504 Gestational Diabetes  
2701 Home Pregnancy Tests  
2700 How to Make a Healthy Baby  
2033 Infertility  
2754 Labor, Delivery, and Postpartum Period  
2717 Miscarriage  
1211 Multiple Pregnancy: Twins or More  
2750 Postpartum Depression  
2426 Precautions During Pregnancy  
2705 Pregnancy  
2756 Rh Sensitization During Pregnancy  
2710 Rubella and Pregnancy  
2719 Stretch Marks  
2707 Symptoms and Stages of Labor  
2706 Symptoms and Stages of Pregnancy  
1548 Ultrasound for Normal Pregnancy

### Senior Health

1711 Age-Related Macular Degeneration  
1061 Alzheimer's Disease  
2245 Care at the End of Life  
1536 CT Scan of the Body  
1071 Dementia

2251 Healthy Aging  
2240 Hospice Care  
2261 Ingrown Toenail  
2006 Medications and Older Adults  
1462 Nausea And Vomiting, Age 4 And Older  
1836 Physical Activity for Older Adults  
2004 Prevent Medication Errors  
1291 Urinary Tract Infections in Teens and Adults

### Sexual and Reproductive Organs

1547 Abdominal Ultrasound  
2702 Abortion  
2640 Bacterial Vaginosis  
2034 Benign Prostatic Hyperplasia, or BPH  
1531 Breast Biopsy  
2720 Cesarean Section  
2307 Chlamydia  
1535 Chorionic Villus Sampling  
1256 Circumcision  
2752 Complications After Delivery  
1536 CT Scan of the Body  
2156 Dilation and Curettage  
2675 Dysfunctional Uterine Bleeding  
2672 Endometriosis  
2157 Episiotomy  
2032 Erection Problems  
2677 Functional Ovarian Cysts  
2308 Genital Herpes  
2309 Genital Warts  
2310 Gonorrhea  
2674 Hysterectomy  
2033 Infertility  
2754 Labor, Delivery, and Postpartum Period  
2164 Laparoscopy  
1542 Magnetic Resonance Imaging  
1107 Mammogram  
2755 Mastitis While Breast-Feeding  
2650 Menopause and Perimenopause  
2678 Menstrual Cramps  
2717 Miscarriage  
2670 Missed Or Irregular Periods  
1211 Multiple Pregnancy: Twins or More  
1111 Ovarian Cancer  
1544 Pelvic Exam And Pap Test



2312 Pelvic Inflammatory Disease  
2723 Pelvic Organ Prolapse  
1112 Polycystic Ovary Syndrome  
2724 Premenstrual Syndrome (PMS)  
1128 Prostate Cancer  
1545 Prostate-Specific Antigen Test  
1848 Sexually Transmitted Diseases  
2311 Syphilis  
2036 Testicular Problems  
2167 Transurethral Resection of the Prostate  
2315 Trichomoniasis  
2172 Tubal Ligation and Tubal Implants  
2673 Uterine Fibroids  
2643 Vaginal Yeast Infections  
2173 Vasectomy  
**Sexual Health**  
2600 Birth Control  
2307 Chlamydia  
2679 Dysfunctional Uterine Bleeding  
2308 Genital Herpes  
2309 Genital Warts  
2310 Gonorrhea  
1957 HIV Infection and AIDS  
2678 Menstrual Cramps  
2039 Sexual Problems in Women  
1848 Sexually Transmitted Diseases  
2311 Syphilis  
2315 Trichomoniasis  
2172 Tubal Ligation and Tubal Implants  
2173 Vasectomy  
Skin, Hair and Nails  
2330 Acne  
1750 Animal And Human Bites  
2336 Atopic Dermatitis  
1755 Blisters  
2332 Boils  
1761 Burns  
1781 Calluses And Corns  
1278 Childhood Rashes  
2333 Cold Sores  
1762 Cuts  
2334 Dandruff  
2770 Drug Allergies  
1267 Fifth Disease  
1002 Food Allergies

2337 Frostbite  
2346 Fungal Infections  
2031 Hair Loss  
1269 Hand-Foot-and-Mouth Disease  
2338 Hives  
2261 Ingrown Toenail  
1785 Ingrown Toenails  
1751 Insect And Spider Bites And Stings  
1273 Lice  
1033 Lupus  
1261 Newborn Rashes and Skin Conditions  
2344 Psoriasis  
1764 Puncture Wounds  
2343 Rashes  
1766 Removing Splinters  
1296 Scabies  
2349 Shingles  
1129 Skin Cancer  
1752 Snake Bites  
2719 Stretch Marks  
1707 Styes and Chalazia  
2352 Sunburn  
1754 Tick Bites  
2353 Warts  
**Substance Abuse**  
1838 Alcohol and Drug Problems  
2436 Alcohol Effects on a Fetus  
2435 Teen Alcohol and Drug Abuse  
2428 Treatment For Alcohol Use Problems  
**Teen Health**  
1981 Asthma in Teens and Adults  
1250 Attention Deficit Hyperactivity Disorder  
1951 Infectious Mononucleosis  
1031 Juvenile Rheumatoid Arthritis  
1274 Measles or Rubeola  
1275 Mumps  
1462 Nausea And Vomiting, Age 4 And Older  
1259 Rey's Syndrome  
1284 Rubella, or German Measles  
2435 Teen Alcohol and Drug Abuse  
1291 Urinary Tract Infections in Teens and Adults  
**Urinary System**  
1547 Abdominal Ultrasound  
1251 Bed-Wetting

2034 Benign Prostatic Hyperplasia, or BPH  
2307 Chlamydia  
2570 Chronic Kidney Disease  
1536 CT Scan of the Body  
2155 Cystoscopy  
2310 Gonorrhea  
2576 Kidney Stones  
2164 Laparoscopy  
1542 Magnetic Resonance Imaging  
1128 Prostate Cancer  
1545 Prostate-Specific Antigen Test  
1848 Sexually Transmitted Diseases  
2311 Syphilis  
2167 Transurethral Resection of the Prostate  
2257 Urinary Incontinence in Women  
1293 Urinary Tract Infections in Children  
1291 Urinary Tract Infections in Teens and Adults  
1407 Viral and Bacterial Infections  
**Weight**  
1837 Healthy Eating for Children  
1834 Healthy Weight  
**Wise Health Consumer**  
2204 Accident And Injury Prevention  
1841 Be Tobacco Free  
1202 Caregiver Tips  
1802 Finding A Doctor Who Will Be A Partner  
1830 Living A Balanced Lifestyle  
2006 Medications and Older Adults  
2004 Prevent Medication Errors  
1964 Relaxation Skills  
2503 Shared Decisions About Surgery  
1800 Skills For Making Wise Health Decisions  
1835 The Mind-Body Connection  
1801 Work In Partnership With Your Doctor  
**Women's Health**  
2640 Bacterial Vaginosis  
2600 Birth Control  
1531 Breast Biopsy  
2720 Cesarean Section  
2307 Chlamydia

2752	Complications After Delivery	2754	Labor, Delivery, and Postpartum Period	2705	Pregnancy
2704	Danger Signs During Pregnancy	1107	Mammogram	2724	Premenstrual Syndrome (PMS)
2708	Diet During Pregnancy	2755	Mastitis While Breast-Feeding	2756	Rh Sensitization During Pregnancy
2156	Dilation and Curettage	2650	Menopause and Perimenopause	2710	Rubella and Pregnancy
1230	Domestic Violence	2678	Menstrual Cramps	2039	Sexual Problems in Women
2675	Dysfunctional Uterine Bleeding	2717	Miscarriage	1848	Sexually Transmitted Diseases
2672	Endometriosis	2670	Missed Or Irregular Periods	2719	Stretch Marks
2157	Episiotomy	1211	Multiple Pregnancy: Twins or More	2707	Symptoms and Stages of Labor
2709	Exercise During Pregnancy	1032	Osteoporosis	2706	Symptoms and Stages of Pregnancy
2677	Functional Ovarian Cysts	1111	Ovarian Cancer	2311	Syphilis
2308	Genital Herpes	1544	Pelvic Exam And Pap Test	2680	Toxic Shock Syndrome
2309	Genital Warts	2312	Pelvic Inflammatory Disease	2315	Trichomoniasis
1504	Gestational Diabetes	2723	Pelvic Organ Prolapse	2172	Tubal Ligation and Tubal Implants
2310	Gonorrhea	1112	Polycystic Ovary Syndrome	2257	Urinary Incontinence in Women
2701	Home Pregnancy Tests	2750	Postpartum Depression	2673	Uterine Fibroids
2651	Hormone Therapy	2426	Precautions During Pregnancy	2643	Vaginal Yeast Infections
2700	How to Make a Healthy Baby			1120	Women's Cancers
2674	Hysterectomy				
2033	Infertility				



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