

Reliable health information
is just a phone call away.

Collegiate Assistance Program

is an around-the-clock service that
offers special attention for your health
and well-being... because your health
is important.



Collegiate Assistance Program

877-643-5130

OptumHealthSM

Collegiate Assistance Program provided by
OptumHealth Behavioral Solutions and
OptumHealth Care Solutions

Collegiate Assistance Program



**Personal Healthcare
Information and Assistance**

**24 hours a day
7 days a week**

It's simple – just call our toll-free number!

877-643-5130

Now you can talk with a Registered Nurse any time, day or night. A caring professional can help you make informed decisions about your health. Collegiate Assistance Program can give you information and support when you:

- Aren't sure if you have a serious medical problem
- Want to learn how to take care of a new or chronic condition
- Need information about medications, tests or procedures
- Want to find ways to talk effectively with your health care provider
- Have questions about how to stay healthy

Collegiate Assistance Program is just a phone call away – 24 hours a day, 7 days a week.

Asking Questions

Staying healthy starts by asking questions and getting up-to-date information. When you need answers, Collegiate Assistance Program is there for you. No question is too simple or complex. Our Registered Nurses can assist with questions such as:

"I noticed a strange rash on my arms recently that won't go away. What should I do?"

"I can't sleep at night and have been really stressed. Should I see someone?"

"I've had a bad cold for several days. What else can I do to treat it at home?"

"I fell yesterday and my ankle still hurts. Should I go to the emergency room?"

Complex Decisions

Some health problems are more complicated than others. Our nurses can help you understand risk factors and treatment options. They work with you so that you and your healthcare provider can make the best decisions:

"I was just prescribed a new medication and now I feel dizzy sometimes. Could that be a side effect?"

"I have been drinking a lot on weekends and am afraid I may have a problem. Should I talk to someone about this?"

"I'm worried I may be pregnant. What should I do?"

Research shows that people who are more informed make better decisions and have better results. Our nurses can help you find information that will assist you.

Working with your Healthcare Provider

Collegiate Assistance Program can make it easier to talk with your healthcare provider. Our nurses can help you understand your provider's instructions or develop a list of questions to ask. If you're not sure where you should go to seek treatment, our staff can help you make that decision.

"I was recently prescribed an antibiotic but don't remember if I told my doctor about other medications I was taking. What should I do?"

"I don't have a local doctor at school and am worried about stomach pains I've been having. Who should I call?"

"I'm embarrassed to talk about sexually transmitted diseases with my family doctor. What other options do I have?"

Reliable, confidential health information is just a phone call away — 24 hours a day, 7 days a week.

Please note:

Collegiate Assistance Program is not a substitute for medical attention. Our Registered Nurses cannot provide diagnosis or treatment. If you have an emergency medical condition please call 911 or your local emergency services number.