

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## ◆ Oxford On-Call

As your benefits advisor, RSI is committed to providing you with information on various programs that help you get the most from your benefit plans. One valuable benefit available through Oxford Health Plans is the On-Call program.

Through Oxford On-Call, you can seek assistance from a registered nurse about any medical issue, 24 hours a day, 7 days a week. This program can help you by providing:



- ◆ General health information about many topics such as illness, injury, chronic conditions, prevention, healthy living, and health issues specific to men, women, and children.
- ◆ Guidance on where to go for care, such as whether or not your situation requires a visit to the doctor, an urgent care clinic, or the emergency room.
- ◆ Self-care tips to help you manage a condition at home, as well as signs and symptoms indicating a need for a higher level of care.
- ◆ Advice on communicating with your doctor, such as assisting in the development of a list of questions prior to your next office visit.
- ◆ Help with difficult decisions involving various treatment options, and the risks and benefits associated with each of them.
- ◆ A Health Information Library containing more than 1,100 recorded messages on health and well-being topics.
- ◆ Live web chats with nurses about a variety of health topics. Go to [www.oxhp.com](http://www.oxhp.com), log on as a member, click on "Tools and Resources, and then "24 Hr. Nurse Call Line."

To take advantage of Oxford's On-Call program, please call 1-800-201-4911.

If you have any questions about this topic please contact your RSI Benefit Service Specialist at 1-800-394-6111.

