What is the Health Education Audio Reference Library (HEAR)?
The Health Education Audio Reference Library has pre-recorded messages on topics that provide information you need to help:

- Prevent illness
- Identify warning signs
- Administer self-care

Health care questions and concerns are present even when symptoms are not. The Health Education Audio Reference Library is available to help you and your family to educate yourselves about any common and chronic illnesses and diseases—24 hours a day, 7 days a week.

How do you use the Health Education Audio Reference Library (HEAR)?
The Health Education Audio Reference Library is easy to use. Simply call the same toll-free number you call to speak with a nurse. You can call anytime for information on a variety of health care topics. If you are calling from a touchtone phone, just follow the directions below. If you are calling from a dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic.

Call instructions:

- Look up the 4-digit number for the topic you want to hear
- Call the toll-free number.
- Select the option for the Health Education Audio Reference Library. You will hear the Health Education Audio Reference Library menu. Follow the instructions to select a topic.
- Listen to the recording. Topics are usually 1 to 7 minutes in length.

While listening to the list of topics, you can activate the topic of your choice by pressing the corresponding key on your telephone keypad.
BRAIN AND NERVES
1060 ALS (Lou Gehrig’s Disease)
1061 Alzheimer’s Disease
1062 Bell’s Palsy
1063 Epilepsy
1064 Encephalitis
1065 Multiple Sclerosis
1066 Parkinson’s Disease
1067 Stroke
1068 Guillain-Barrè Syndrome
1069 Bipolar Disorder
1071 Dementia
1080 Dyslexia
1081 Stroke Rehabilitation
1250 Attention Deficit Hyperactivity Disorder
1404 Tension Headaches
1405 Migraine Headaches
1453 Benign Paroxysmal Positional Vertigo
1457 Neck Pain
1463 Herniated Disc
1515 Diabetic Neuropathy
1536 CT Scan of the Body
1540 Barium Enema
1541 Upper Gastrointestinal Series
1600 Appendicitis
1603 Ulcerative Colitis
1605 Diverticulosis
1608 Gallstones
1609 Rectal Problems
1610 Heartburn
1611 Irritable Bowel Syndrome (IBS)
1612 Gastroesophageal Reflux Disease
1613 Peptic Ulcer Disease
1618 Crohn’s Disease
1827 Hepatitis C
1952 Hepatitis A
1953 Hepatitis B
2000 Bulking Agents and Laxatives
2154 Laparoscopic Gallbladder Surgery for Gallstones
2158 Surgery for Hemorrhoids
2159 Laparoscopic Inguinal Hernia Repair
2164 Laparoscopy
2757 Weaning

CHILDREN’S HEALTH
1031 Juvenile Rheumatoid Arthritis
1230 Domestic Violence
1240 Child Abuse and Neglect
1247 Temper Tantrums
1250 Attention Deficit Hyperactivity Disorder
1251 Bed-Wetting
1254 Chickenpox
1259 Reye Syndrome
1264 Ear Infections
1272 Impetigo
1274 Measles or Rubeola
1275 Mumps
1278 Childhood Rashes
1279 Immunizations
1280 Pinworms
1283 Roseola
1284 Rubella or German Measles
1288 Teething
1289 Thumb-Sucking
1290 Toilet Training
1292 Thrush
1293 Urinary Tract Infections in Children
1455 Fever, Age 4 and Older
1462 Nausea and Vomiting, Age 4 and Older
1837 Healthy Eating for Children
2165 Ear Tubes

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
1504 Gestational Diabetes
1506 Home Blood Sugar Monitoring
1508 Type 1 Diabetes
1512 Prediabetes
1515 Diabetic Neuropathy
1516 Diabetic Retinopathy

DIGESTION
1110 Colon Polyps
1113 Colorectal Cancer
1257 Colic
1402 Food Poisoning
1403 Inguinal Hernia
1407 Viral and Bacterial Infection
1451 Constipation
1452 Antidiarrheals
1454 Diarrhea, Age 12 and Older
1536 CT Scan of the Body
1540 Barium Enema
1541 Upper Gastrointestinal Series
1600 Appendicitis
1603 Ulcerative Colitis
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DISEASE AND INJURY PREVENTION
1295 Early Disease Detection
1544 Pelvic Exam and Pap Test
1904 Heart Attack Prevention
2204 Travel Health

EAR, NOSE AND THROAT
1264 Ear Infections
1453 Benign Paroxysmal Positional Vertigo
1459 Strep Throat
1560 Tonsillitis
1640 Earwax
1641 Labyrinthitis
1643 Swimmer’s Ear
1644 Ménier’s Disease
1646 Hearing Loss
1648 Laryngitis
2165 Ear Tubes
2171 Tonsillectomy and Adenoidectomy

EYES AND VISION
1112 Polycystic Ovary Syndrome
1516 Diabetic Retinopathy
1700 Eye Problems
1702 Vision Tests
1703 Contact Lens Care
1705 Eye Injuries

CANCER
1105 Cancer Pain
1110 Colon Polyps
1111 Ovarian Cancer
1113 Colorectal Cancer
1120 Women’s Cancers
1124 Lung Cancer
1128 Prostate Cancer
1129 Skin Cancer, Melanoma
1130 Skin Cancer, Nonmelanoma
1531 Breast Biopsy
1545 Prostate-Specific Antigen Test
1841 Be Tobacco Free
2240 Hospice Care
2245 Care at the End of Life

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1279 Immunizations
1280 Pinworms
1283 Roseola
1284 Rubella or German Measles
1287 Sudden Infant Death Syndrome (SIDS)
1288 Teething
1289 Thumb-Sucking
1290 Toilet Training
1292 Thrush
1293 Urinary Tract Infections in Children
1837 Healthy Eating for Children
2165 Ear Tubes
2436 Alcohol Effects on a Fetus
2751 Breast-Feeding
2753 Bottle-Feeding
2754 Labor, Delivery, and Postpartum Period
2756 Rh Sensitization during Pregnancy
2757 Weaning

LUNGS AND AIRWAYS
1000 Allergies
1002 Food Allergies
1007 Should I Take Allergy Shots for Allergic Rhinitis and Allergic Asthma
1124 Lung Cancer
1255 Choking Rescue Procedure
1258 Croup
1400 Colds
1401 Influenza
1406 Sinusitis
1407 Viral and Bacterial Infection
1408 Avian Influenza (Bird Flu)
1534 Chest X-Ray
1536 CT Scan of the Body
1542 Magnetic Resonance Imaging
1546 Lung Function Tests
1648 Laryngitis
1841 Be Tobacco Free
1956 Tuberculosis (TB)
1965 West Nile Virus
1976 Chronic Obstructive Pulmonary Disease (COPD)
1983 Acute Bronchitis
1986 Pneumonia
2002 Decongestants
2003 Cough Preparations
2007 Cold and Allergy Remedies
2403 Sleep Apnea
2406 Snoring
2770 Drug Allergies

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

MENTAL AND BEHAVIORAL ISSUES
1069 Bipolar Disorder
1070 Schizophrenia
1071 Dementia
1230 Domestic Violence
1240 Child Abuse and Neglect
1250 Attention Deficit Hyperactivity Disorder
1838 Alcohol and Drug Problems
1845 Stress Management
2051 Obsessive-Compulsive Disorder
2052 Anorexia Nervosa
2053 Bulimia Nervosa
2055 Panic Attacks and Panic Disorder
2057 Depression
2059 Grief and Grieving
2063 Social Anxiety Disorder
2066 Suicidal Thoughts or Threats
2428 Treatment for Alcohol Use Problems
2435 Teen Alcohol and Drug Abuse

PREGNANCY AND CHILDBIRTH
1211 Multiple Pregnancy: Twins or More
1504 Gestational Diabetes
1535 Chorionic Villus Sampling
1548 Ultrasound for Normal Pregnancy
2033 Infertility
2157 Episiotomy
2426 Precautions during Pregnancy
2436 Alcohol Effects on a Fetus
2600 Birth Control
2700 How to Have a Healthy Baby
2701 Home Pregnancy Tests

2704 Danger Signs during Pregnancy
2705 Pregnancy
2706 Symptoms and Stages of Pregnancy
2707 Symptoms and Stages of Labor
2708 Diet during Pregnancy
2709 Exercise during Pregnancy
2710 Rubella and Pregnancy
2714 Amniocentesis
2717 Miscarriage
2719 Stretch Marks from Pregnancy
2720 Cesarean Section
2750 Postpartum Depression
2752 Complications after Delivery
2754 Labor, Delivery, and Postpartum Period
2756 Rh Sensitization during Pregnancy

SENIOR HEALTH
1061 Alzheimer's Disease
1071 Dementia
1291 Urinary Tract Infections in Teens and Adults
1462 Nausea and Vomiting, Age 4 and Older
1536 CT Scan of the Body
1711 Age-Related Macular Degeneration
1836 Physical Activity for Older Adults
2004 Prevent Medication Errors
2006 Prevent Medical Errors
2240 Hospice Care
2245 Care at the End of Life
2251 Healthy Aging
2261 Ingrown Toenail

SEXUAL HEALTH
1848 Sexually Transmitted Diseases
1957 HIV Infection and AIDS
2039 Sexual Problems in Women
2173 Vasectomy
2307 Chlamydia
2308 Genital Herpes
2309 Genital Warts
2310 Gonorrhea
2311 Syphilis
2315 Trichomoniasis
2600 Birth Control
2678 Menstrual Cramps

SEXUAL AND REPRODUCTIVE ORGANS
1107 Mammogram
1111 Ovarian Cancer
1112 Polycystic Ovary Syndrome
1288 Prostate Cancer
2157 Episiotomy
2172 Tubal Ligation and Tubal Implants
2307 Chlamydia
2308 Genital Herpes
2309 Genital Warts
2310 Gonorrhea
2311 Syphilis
2312 Pelvic Inflammatory Disease
2315 Trichomoniasis
2426 Precautions during Pregnancy
2600 Birth Control
2640 Bacterial Vaginosis
2643 Vaginal Yeast Infections
2650 Menopause and Perimenopause
2651 Hormone Therapy
2670 Missed or Irregular Periods
2672 Endometriosis
2673 Uterine Fibroids
2674 Hysterectomy
2675 Dysfunctional Uterine Bleeding
2677 Functional Ovarian Cysts
2678 Menstrual Cramps
2680 Toxic Shock Syndrome
2700 How to Have a Healthy Baby
2701 Home Pregnancy Tests
2702 Abortion
2704 Danger Signs during Pregnancy
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2707 Symptoms and Stages of Labor
2708 Diet during Pregnancy
2709 Exercise during Pregnancy
2710 Rubella and Pregnancy
2717 Miscarriage
2719 Stretch Marks from Pregnancy
2720 Cesarean Section
2723 Pelvic Organ Prolapse
2724 Premenstrual Syndrome
2750 Postpartum Depression
2752 Complications after Delivery
2753 Bottle-Feeding
2754 Labor, Delivery, and Postpartum Period
2755 Mastitis While Breast-Feeding
2756 Rh Sensitization during Pregnancy

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