



STAYING HEALTHY



SELF-PROTECTION IS THE BEST WAY TO STAY HEALTHY. THE FOLLOWING ARE RECOMMENDATIONS BY THE CENTERS FOR DISEASE CONTROL, "CDC":

1. Wash your hands often with soap and water for at least 20 seconds.
2. If soap and water are not available, use at least 60% or 70% alcohol-based hand sanitizer.
3. Avoid touching your eyes, nose and mouth.
4. Avoid close contact with people who are sick.
5. Cover your cough or sneeze with a tissue, then throw the tissue away.
6. Clean and disinfect frequently touched objects and surfaces such as your phone, computer, etc.

IF YOU FEEL SICK OR UNWELL, PLEASE CALL THE NURSE LINE OF YOUR AHCCS HEALTH PLAN:

Arizona Complete Health (ACC & RBHA)	1-866-534-5963
Banner (ACC & LTC)	1-888-747-7990
Care1st	1-800-746-3163
Magellan	1-800-424-5891
Mercy Care (ACC & LTC)	1-800-624-3879
Mercy Care (RBHA)	1-800-564-5465
United Healthcare (ACC & LTC)	1-877-440-0255
Health Choice Arizona (ACC & RBHA)	1-855-458-0622
CMDP	1-800-201-1795
DDD AIHP	1-844-770-9500

NO INSURANCE:

Maricopa Medical Center: ACCESS and affordable low-cost care options
Hours: Open 24 Hours
Address: 2601 East Roosevelt Street, Phoenix, AZ 85008
Contact: 602-776-7676

The best way to assure same day service from any provider to is to call and make an appointment. Walk-ins are welcome however, service is faster with an appointment.