

Nurse Lines

To be connected to a nurse day or night, call your insurance plan's nurse line.

[Capital District Physicians' Health Plan \(CDPHP\)](#)- 1-800-365-4180

To talk one-on-one with a Health Coach, such as a nurse, dietitian, or respiratory therapist, any time, day or night.

[Fidelis Care](#)-1-888-343-3547

For information and resources on a variety of health topics.

[MVP Healthcare](#)- 1-800-204-4712

[United HealthCare](#)- 1-877-597-7801 ext. 2417

[WellCare of New York](#)- 1-800-919-8807