

Medical Helpline



The Medical telephone helpline is here for you and your immediate family. It is available Monday to Friday, 9am to 5pm (excluding Bank Holidays). Your call will be answered by highly experienced nurses. All nurses are registered with the Nursing and Midwifery Council which ensures that their nursing skills are current up to date. The Medical Helpline is provided by Spectrum.Life partnered with RedArc.

You can call the helpline in the comfort of your own home for support on a wide range of medical and health issues, including;

- Respiratory, heart and brain conditions
- Motor neurone disease
- Parkinsons disease
- Dementia
- Autism
- Orthopaedic conditions
- Maternity issues

plus much more

If you call outside opening hours, simply leave a voicemail and a nurse will call you back the next working day.

Call 0800 316 9337 and select option 2. This service is provided by Spectrum.Life in partnership with RedArc.

Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please [email us](#) or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. GPASD0048 03/26

