

Are healthcare issues adding to Holiday Headaches?

Health Advocate can help.

The holiday season can become less festive if you are trying to find services for a loved one or are sorting through confusing medical bills.

Now you can get help to resolve these and other healthcare issues. Your employer or plan sponsor offers Health Advocate, a free benefit that provides personalized help to untangle bills, find eldercare and more.

Simply call Health Advocate's toll-free number whenever you have a healthcare or insurance-related concern. Your Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, can help you through the healthcare maze, make the calls, find the right provider and more. You'll save time, money and get peace of mind.

Give yourself and your family the gift of healthcare help. Our Personal Health Advocates help with:

- **Clinical Support.** Find doctors; obtain second opinions; research treatments; schedule earliest appointments with specialists; find mental health services
- **Administrative Support.** Help untangle billing claims; negotiate provider charges; uncover billing mistakes; clearly explain health plan
- **Healthcare Coaching.** Prepare you for doctor visits; inform about medical tests; stress treatment options; clarify complex conditions and doctor's instructions
- **Information and Support.** Assist with eldercare; Medicare issues; arrange wellness services, research transportation...and more

Contact Us for HELP!



866.695.8622



Email: answers@HealthAdvocate.com

Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.



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