

Your employer has partnered with Health Advocate to offer you personalized support to improve your health and well-being, all at no cost to you!

This guide contains an overview of the many ways we can help.





Your Health Advocate services give you access to experts who can support you in handling a wide range of healthcare and insurance-related issues. We'll get to the heart of your issue, no matter how complex.

We'll help you:



Get answers to your insurance and claims questions and resolve billing issues



Understand how your benefits work and clarify copays and deductibles



Find the right in-network doctors, make appointments and transfer medical records



Make **informed decisions** about medical conditions and diagnoses



Find and explore the **latest treatment** options and arrange second opinions



Coordinate services related to all aspects of your care

Connect with us no matter where you are

Visit our website or app to learn more about your Health Advocate services. Plus...





Connect with a Health Advocate expert



Access trustworthy health information and helpful tips



Learn how to reduce healthcare costs, including prescription costs



View important news alerts



Open a case and download forms



Check the status of your case

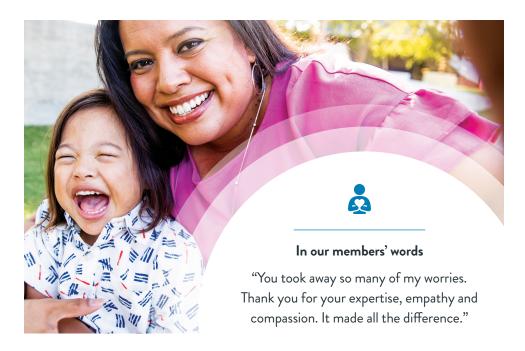
HealthAdvocate.com/members





We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law at no cost to you.



Quickly reach us any way you like — by phone, email, online or our mobile app.





866.695.8622



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

We're here when you need us most

Health Advocate is available 24/7/365. Our regular business hours are Monday through Friday, 8 AM to 10 PM Eastern Time. After-hours and weekend calls are handled by our backup call center. Cases started off-hours are sent to Health Advocate for resolution during normal business hours.

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We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third party provider.

Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.