



# Health**Advocate** Benefit

## Help is Only a Phone Call Away

Get personalized help to resolve healthcare and insurance-related issues, connect to your benefits, improve your health, and balance your work and life.

**Here are just a few reasons to call Health Advocate:**

### Healthcare Help

#### Talk to a Personal Health Advocate (PHA)

- Find the right doctors, hospitals and other providers
- Resolve billing and insurance claims issues
- Secure second opinions
- Clarify benefits coverage
- Estimate costs of common procedures

### Wellness Support\*

#### Work with a Wellness Coach

- Reach health goals
- Communicate by telephone or email
- Determine your risk profile
- Weigh medical care options with online MedChoice Support™ tool
- Use trackers to chart your blood pressure, cholesterol, etc. online

### EAP+Work/Life

#### Get short-term counseling

- Referral for in-depth counseling, if needed
- Work/life specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources

### Benefits Gateway

#### Connect to the right benefit

Benefits experts can quickly guide you to the benefit you need, including medical, dental and pharmacy.

**...and more!**

**Just Call One Number • 866.799.2691 • HealthAdvocate.com**

**Health Advocate can be accessed 24/7.** Normal business hours are Monday-Friday, between 8 am and 9 pm Eastern Time. After hours and on weekends, staff is available for assistance.

**Your Health Advocate benefit is paid by your employer or plan sponsor** and covers you, your spouse, dependent children, parents and parents-in-law.

\*Wellness covers you, your spouse and dependent children 18+

**Independent. Confidential. Convenient.** Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

