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...and more!

**Benefits Gateway**
- Connect to the right benefit
  Benefits experts can quickly guide you to the benefit you need, including medical, dental and pharmacy.

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+

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