Your health is important
We're here to help

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.

HealthAdvocate℠

Expert help when you need it most

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.**

In our members' words

"You took away so many of my worries. Thank you for your expertise, empathy and compassion. It made all the difference."

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
Your Health Advocate services can be accessed 24/7. Normal hours of operation are Monday - Friday from 8 AM to 10 PM Eastern Time. Staff is available for assistance after hours and on weekends.

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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.