



Feeling overwhelmed in the “new normal”? We can help.

In these uncertain times, worry about health coverage, rising debt, protecting against COVID-19, and juggling work and family can take over. Our Health Advocate team of nurses, billing and claims specialists and licensed counselors can provide the answers, support, and resources you need to regain a sense of control. **There’s no charge, it’s confidential and we cover you, your spouse, dependents, even your parents and parents-in-law. Here’s how we can help.**

Healthcare Help



Review CDC Covid-19 recommendations

- Inform about up-to-date preventive and safety measures, testing, etc.
- Identify COVID-19 symptoms and next steps



Answer health benefits questions

- Review coverage for services and out-of-pocket costs
- Find/compare plans to make the best decision
- Discuss adding a new baby to your health plan



Locate doctors and other healthcare providers

- Facilitate appointments
- Find out if telehealth is an option
- Locate local urgent care facilities



Save you time and money

- Sort through medical billing/claims issues
- Find generic versions for brand-name drugs

Emotional Support and Resources



Short-term counseling for depression, grief, anxiety, anger, family/relationship issues, burnout, etc.



Work/Life specialists find local childcare, eldercare, summer camps, pet sitters, support groups, and other needed resources



Connect to financial and legal specialists for specific questions



Access to Perks at Work program for discounts on car insurance, cell phone bills, electronics, clothing and more



Comprehensive website with articles/tools and calculators on managing debt, budgeting, loans, buying a house or car, planning for a family, paying school loans, etc.



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