

# HEALTHCARE IS CONFUSING... CARE NAVIGATOR by RGA CAN HELP.



## WHAT IS CARE NAVIGATOR?

Care Navigator is a personal service provided by your employer to help you better navigate the healthcare system. A Care Navigator is available by phone to work with you one-on-one to help you make the most of your health plan benefits.

## HOW CAN A CARE NAVIGATOR HELP ME?

Your Care Navigator can explain confusing healthcare lingo, work with you to find a doctor or hospital in the RGA network, help you compare healthcare costs, and answer any detailed questions you may have about how specific healthcare services are covered by your health plan.

## WHAT DOES IT COST?

Care Navigator is free, and is available to anyone on the RGA health plan.

## HOW DO I GET STARTED?

Call your Care Navigator today at **(425) 289-5123** or toll-free at **1-877-462-1444**.



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