

# We make healthcare easier



Our experts will take on virtually any healthcare or administrative issue so you get to the right care at the right time.

We'll also provide personalized coaching to help you reach your health goals and confidential counseling to help you work through personal issues. **All at no cost to you.**

Turn to us—we can help.



**877.342.8848**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**Download the app today!**



Health Advocate is available to you, your spouse, dependents, parents and parents-in-law.\* Completely confidential.

*\*Some restrictions apply*

**We're not an insurance company.** West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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## Expert healthcare and benefit support

- If you need to reach a specific benefit, we can answer questions and connect you right away
- Arrange second opinions and transfer medical records; resolve complicated claims and billing issues

## Access to medical care anytime, 24/7

- Consult with a certified MeMD provider for non-urgent health issues
- Log on to the member website and click "Telemedicine" to register and get started

## One-on-one support from your personal Wellness Coach

- Arrange unlimited coaching sessions and stay motivated to reach your health goals
- Work with your Coach to manage asthma, diabetes, COPD and other chronic health conditions

## Confidential support for personal problems

- Work through relationship and financial/legal issues, stress, depression, substance abuse and more
- Negotiators help reduce medical bills \$400+ not covered by insurance



**HealthAdvocate<sup>SM</sup>**