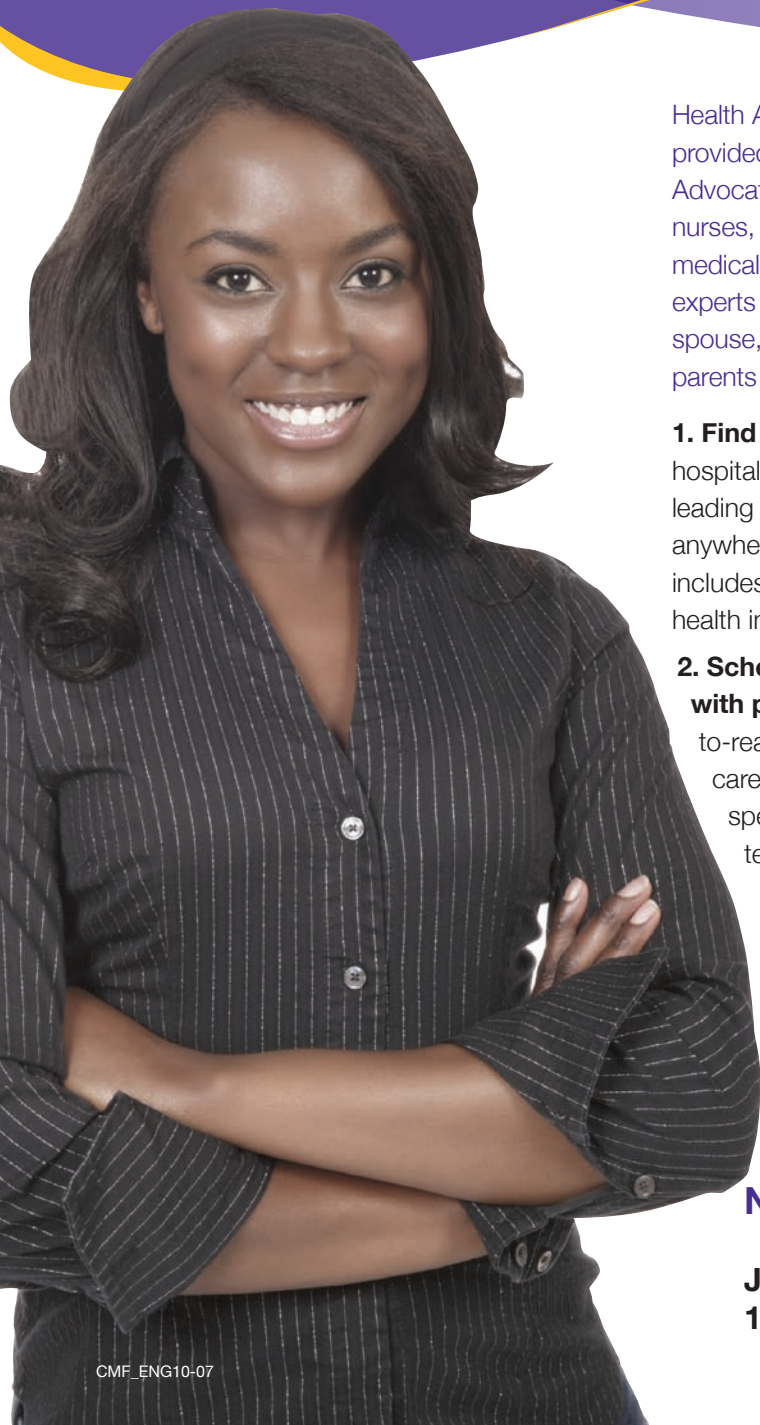


The Top 10 Reasons *to call Health Advocate*



Health Advocate services are provided by Personal Health Advocates, typically registered nurses, backed up by a team of medical directors and administrative experts who will help you, your spouse, dependent children and parents and parents-in-law.

1. Find the best doctors, hospitals, dentists, and other leading healthcare providers anywhere in the country. This includes locating providers in your health insurance plan's network.

2. Schedule appointments with providers including hard-to-reach specialists and critical care providers and arrange for specialized treatments and tests.

3. Help resolve insurance claims and assist with negotiating billing and payment arrangements, and related administrative issues.

4. Assist with eldercare and related healthcare issues facing your parents and parents-in-law.

5. Obtain unbiased health information to help you make an informed decision.

6. Work with insurance companies to obtain appropriate approvals for needed services, often fostering communications between physicians and insurance companies.

7. Answer questions about test results, treatment and medication recommended or prescribed by your physician.

8. Assist in the transfer of medical records, x-rays and lab results.

9. Locate and research the newest treatments for a medical condition.

10. Assist with finding qualified wellness programs, providers and services.

Need help? Have questions?

**Just call Health Advocate at
1-866-695-8622 (toll-free)**



**HEALTH
Advocate™**