



Expert Help During the Holidays... and all year long!

While you're busy planning meals, buying presents and traveling, it's important to remember what matters most during the holiday season—good health and being with the ones you love.

Health Advocate is available throughout the year to help the entire family (including your parents and parents-in-law) with a wide range of issues. **Best of all, our services are confidential and available at no cost. We can:**

- **Clarify** medical conditions and treatment options
- **Find** doctors and make appointments
- **Resolve** claims and billing issues
- **Explain** Medicare and find eldercare services

And much more!

Turn to us—we can help.



866.695.8622

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!



“You gave us peace of mind.”

Karen needed help finding in-home senior care for her mother-in-law. Health Advocate located a weekly in-home health aide service for help with meals and transportation.

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.

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