



Whether they live near or far, remind your parents and parents-in-law that they can call **Health Advocate too!** You can also reach out to us on their behalf. There's no cost to use the program; it's paid for by your employer or plan sponsor.

The many ways we can help

Your Health Advocate program provides your family with experts who can:

-  Find doctors and specialists including those who accept Medicare
-  Locate the right health facilities
-  Clearly explain Medicare, Medicare Advantage and supplemental plans
-  Help schedule appointments
-  Prepare questions for doctor visits
-  Address medication issues
-  Resolve claims and billing issues
-  Answer questions about health conditions, research latest treatment options
-  Clarify medical bills
-  Secure second opinions and help transfer records
-  Provide confidential, short-term counseling assistance 24/7
-  Help with stress, anxiety, depression family problems
-  Support you with grief, loss, substance abuse
-  Find eldercare, in-home care, assisted-living, long-term care
-  Connect you to legal and financial specialists
-  Refer you to long-term support as needed



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