

Nothing is more important than the health of you and your loved ones—that's why Health Advocate offers our services to you, your spouse, dependents, parents and parents-in-law! We can help with a wide range of issues at every stage in life.

## Starting life's journey

- Find the right doctors, including pediatricians, specialists, hospitals and facilities
- Understand insurance coverage options for adult children over 26
- · Act as an ongoing resource for you and your growing family



## Staying the course

- Explain health conditions, diagnoses and treatments; research treatment options
- · Understand how your benefits work and clarify copays and deductibles
- · Help you make informed decisions about your healthcare
- Resolve claims and billing issues

## Aging and retirement

- · Guide the transition from traditional insurance to Medicare; locate supplemental insurance options
- Arrange doctor appointments, including with hard-to-reach specialists, and transportation services
- Locate the right facilities from assisted living to skilled nursing, long-term care and memoryimpaired facilities



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