Caring for an elderly parent or loved one can be a daunting task. The Health Advocate benefit, paid by your employer or plan sponsor, offers a team of Personal Health Advocates (PHAs), typically registered nurses, supported by medical directors and benefits and claims specialists, to help you and your family ease the burden of caregiving. Here’s how:

- Locate in-home care, adult day care, assisted living and long-term care
- Research transportation to appointments
- Arrange appointments with hard-to-reach specialists
- Schedule second opinions
- Interpret doctor’s explanations and instructions
- Find community support services
- Coordinate care among providers

Nearing 65? Get Help with Medicare
By law, you’ll need to make decisions concerning Medicare before your 65th birthday. Health Advocate can help you through the maze to decide if you should:

- Sign up for Medicare or a Medicare Advantage Plan (Medicare Part C)
- Sign up for drug coverage under Medicare Part D
- Consider a Medigap plan to help pay for expenses not covered by Medicare

Real People..Real Results
“You’ve given me peace of mind”
Karen needed assistance finding in-home senior care for her mother. Health Advocate worked with their local Office of Aging to locate weekly in-home care, and a supplier of an emergency call-button device that her mother could wear around her neck for immediately notifying police and other emergency personnel.

Planning to Retire?
Your PHA can help you make informed decisions about health coverage you may need after retirement. We can even help you decide if you should postpone retirement based on your particular coverage issues.

Contact Us for HELP!
866.695.8622
Email: answers@Health Advocate.com
Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.