

Exclusively for Notre Dame of Maryland University Students

Health**Advocate**<sup>™</sup>

# Get Started

## Welcome to Your All-in-1 Health Advocate Benefit

Your comprehensive Health Advocate benefit supports you and your eligible dependents with a wide range of issues—all at no cost to you. Our experts can help you resolve time-consuming healthcare and insurance-related problems. We look forward to serving you!



## Health Advocacy

A Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, can help you with a full range of healthcare and insurance-related issues to save you time, money and worry.

Our Health Cost Estimator<sup>™</sup> service provides detailed estimates for dozens of medical procedures and services... right in your area. Call us and we can give you the cost information you need, so you can make an informed decision.

If you have a healthcare or insurance-related issue, call our toll-free number. You'll be assigned a Personal Health Advocate who works with you one-on-one to find solutions to time-consuming issues, such as sorting out billing concerns, finding qualified doctors, transferring medical records, finding eldercare and more.

## Help is Only a Phone Call Away

24/7  
Support

1-866-799-2670

[HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**HealthAdvocate**<sup>™</sup>  
Always at your side

# Getting Started: Your Health Advocate Benefit

## Your Personal Health Advocate can help you and your family...

- Find the right doctors, hospitals, dentists
- Secure second opinions
- Estimate costs for common medical procedures
- Untangle claims
- Correct billing errors
- Locate eldercare services
- Make informed decisions
- Schedule tests, appointments
- Navigate your insurance plan
- Explain conditions, treatments

*During your very first call, you will be:*

- Assigned a Personal Health Advocate
- Asked for necessary background information
- Informed of all the ways Health Advocate can help your situation



## Help is Only a Phone Call Away

The Health Advocate benefit assists the student as well as any dependents. Services are free and confidential, and are available online or by phone.



1-866-799-2670



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)



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