Health Advocacy & Navigation

Caring for you in all ways. Always.

Healthcare can be complicated. Getting help shouldn't be.

Whether you're trying to understand your benefits, find the right doctor, handle a medical bill, or make sense of a new diagnosis, Health Advocate is here to help. Our caring experts work with you one-on-one, do the legwork, and help you move forward with clarity and confidence.

How Health Advocate can help

- **One place to start:** Connect with a Personal Health Advocate for help with healthcare and benefits questions, from simple needs to more complex situations.
- **Find the right care:** Get help finding in-network providers, comparing care options, scheduling appointments, arranging second opinions, and transferring medical records.
- **Benefits, claims, and bills:** Understand coverage and out-of-pocket costs, handle claims and billing needs, and get support with appeals and medical bill questions.
- **Clinical guidance:** Talk through diagnoses, treatment options, and next steps with experienced clinical experts who can help you prepare for conversations with your care team.
- **Digital support:** Use the Health Advocate website and mobile app to access your benefits, message us securely, upload documents, and keep track of your open cases.

What this means for you

- **Less stress:** You have a knowledgeable partner who can help make a complicated healthcare situation easier to manage.
- **Time back:** We make calls, research options, coordinate details, and follow up so you don't have to do it all yourself.
- **More confident decisions:** Get clear information and personalized guidance so you can choose the next step that works for you.

Who can use the program?

Services are available to you and your eligible family members, including your spouse or partner, dependent children, parents, and parents-in-law.

How to reach us

Support is available 24/7, with language interpretation available in 250+ languages.

- **Phone**: 866-695-8622
- **Online**: www.HealthAdvocate.com/brookhaven
    - **Registration Code:** FNNMAGK
- **Mobile**: Download the Health Advocate app for iOS or Android

You don't have to navigate healthcare alone. Start with Health Advocate, and we'll help you get to the right answer, resource, or care.