

Healthcare is complex; *we are here to help make it easier!*

Health Advocate provides confidential support to help you make sense of healthcare and take control of your health.

Connect with us over the phone, online or through our mobile app for:

Help with Open Enrollment

- ✓ **General benefit questions such as:** what a Healthcare Spending Account (HSA) is and how to use it, Consumer Driven Health Plans (CDHP), Flexible Spending Accounts (FSA), explaining copays/deductibles/Out-of-Pocket Maximum (OOP) and more!
- ✓ **Assist with Transition of Care** and transferring medical records
- ✓ **Answer general questions about Prescription benefits such as:** formulary, multi-tier plans, generic or mail order Rx.
- ✓ **Locating in-network providers**

Help with Medical Care

- ✓ **Learn more about your diagnosis** and treatment
- ✓ **Get answers to your questions** about medical conditions
- ✓ **Find out the latest research** and most advanced approaches to care
- ✓ **Connect with the right in-network doctors** and specialists, obtain second opinions

Help with Administrative Issues

- ✓ **Get answers** to benefits, eligibility and coverage questions
- ✓ **Navigate through copays**, coinsurance and cost-sharing
- ✓ **Untangle medical bills** and resolve claims and billing issues



Plus, Help On the Go

- ✓ **Download our app** to access all of your Health Advocate benefits
- ✓ **Get informed** with health and wellness articles and more
- ✓ **Check the status** of your Health Advocate cases, upload documents

Turn to us—we can help.



866.799.2728

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/cseba

Download the app today!



HealthAdvocateSM



Does your mind feel too full? It's time to try **mindfulness**

Juggling personal, family and work responsibilities. Financial pressures. Information overload. Life is stressful and it's easy to get distracted, lose focus and feel overwhelmed. Your work, relationships and health can all suffer.

Using simple mindfulness techniques that you can use anytime offers a convenient way to focus on the present moment, slow down your body and mind to help you better cope with everyday stress and feel more in control of your life.

What are the benefits?

Studies show that practicing mindfulness on a regular basis can be profoundly relaxing. It reduces anxiety, helps lift moods, improves attention and performance, and increases an overall sense of well-being.

How does it work?

There are many ways to practice mindfulness. The simplest is to focus on your breath. When you focus on each inhale and exhale, your breathing slows down and, in turn, your heart rate also slows down, helping any anxious, stressful feelings fade away. Your thinking becomes clearer. With practice, you'll feel more focused, energetic and able to handle life's challenges.



How to get started

- Find a quiet place to sit for 5 minutes or so, and gently close your eyes if you want.
- Relax your stomach, shoulders and jaw and begin to focus on your breath flowing in and out. Don't force it. If your mind wanders from your breath, bring it back by saying to yourself "I breathe in and I'm calm," and on the exhale say, "I breathe out and I let go."
- If intrusive thoughts arise, observe them like clouds drifting by without judgment, and return your attention to your breathing.

Additional mindfulness techniques include focusing your full attention on everyday objects like a candle flame or on simple activities like eating. For example, while eating, chew each bite very slowly, noticing the textures in your mouth and the flavors bursting on your tongue.

Remember, Health Advocate's Licensed Professional Counselors offer confidential help and coping techniques to help you identify and address your stressors, so you can feel more calm and in control. The program is available at no cost to employees, spouses, dependents, parents and parents-in-law. **In a crisis, help is available 24/7.**

We're not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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