

# Top ways we can help you save time, money, and worry



Finding in-network doctors, sorting out medical bills and finding ways to save on prescription drugs can be challenging, time-consuming, and worrisome, causing many people to overpay or skip care altogether.

## Health Advocate can help.

We'll make the calls, do the research and sort through the paperwork for you, leaving you free to focus on other important things in life.

## Our experts can:

- **Find the right in-network doctors**, hospitals and urgent care centers
- **Find generic equivalents** for prescription drugs
- **Help you sign up for convenient (and cost-effective) mail-order delivery** and check your formulary before you get a prescription filled
- **Review medical bills** to spot any errors or duplicate charges, and work to get them corrected

Our services are available at no cost to employees, spouses, dependents, parents and parents-in-law.

## Up to 3 hours

Time it can take to research and find a qualified in-network provider



## Over \$2,200

Average cost of an ER visit vs. \$168 for urgent care



## Up to 85% less

Cost of generic vs. brand name prescription drugs



## Only 2.5x more

Average copay for a 90-day mail-order vs. a 30-day supply of maintenance medication



## 8 out of 10

Number of hospital bills that contain overcharges or other errors



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