






## Navigating your health and benefits is easy. Just ask Accolade.

Employees and covered family members\* can connect with a dedicated Accolade Health Assistant for help with health or benefits question, big or small. Your Health Assistant will get to know you and understand your needs, while partnering with a team of doctors, nurses and benefits specialists to help support you each step of the way.

### Ask your Health Assistant questions like these:

-  Can you help me find an in-network provider?
-  What questions should I ask my doctor?
-  What other benefit programs might help me?
-  I was diagnosed with diabetes – now what?
-  Can you help me understand my claim/bill?



### Contact Accolade in 1 of 3 ways:

Health Assistants are available Monday through Friday 5:00 AM to 8:00 PM PST by phone or secure messaging. A 24-hour nurse can be reached by phone for assistance after hours.

1. Call 1-866-540-5418
2. Register and log in at [member.accolade.com](https://member.accolade.com)
3. Download and login with the Accolade mobile app

