

HealthChampion[®]

Help navigating your health care plan



Missing work due to a disabling illness or injury can be stressful. The last thing you need is to navigate through a maze of doctor bills, insurance statements and health plan requirements alone.

Access to the HealthChampion health care navigation program is available 24 hours a day, seven days a week via the toll-free number: 1-866-263-4365.

When you call, you will reach a Guidance Consultant with a master's or doctoral degree who will assess your issues and needs, then connect you to the appropriate HealthChampion specialist.

Assistance from medical experts

- Explanation of your benefits—what's covered and what's not
- Guidance on claims and billing issues
- Referral to financial resources
- Fee and payment plan negotiation
- Assistance with cost estimates for treatment options
- Explanation of the appeals process

Support for your health care concerns

- One-on-one review of your medical concerns
- Straightforward answers regarding specific diagnosis and treatment options
- Support and preparation for upcoming doctor visits, lab work and procedures
- Coordination with appropriate health care provider(s)
- Referrals to counseling, legal and financial services through an employee assistance program (EAP), and to community resources and applicable support groups

Contact HealthChampion[®]

24 hours a day

7 days a week

Phone: 1-866-263-4365

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Disability income insurance is insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004.

In New York, disability income insurance is insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124.

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