

Congratulations! Your employer has provided all employees and dependents who are enrolled in the medical plan access to a dedicated Nurse Navigator to help navigate your personal healthcare and your insurance benefits.

Your navigation team is independent of any insurance company or medical provider and can offer help and recommendations based on your individual situation and need. Our only objective is to improve your healthcare experience and help you save money.

Our contact information is on the punch out cards below. We are available Monday through Friday 8:00 AM to 5:00 PM CST. If you experience an after hours medical emergency that could result in loss of life or limb, please go to your nearest network Emergency Room. If you experience an after hours urgent issue, please go to your nearest network Urgent Care.

## Services available to you:

- · Help navigating your health care
- Help understanding your benefits
- Help you save money on health care
- Help you find high quality providers who best fit your needs
- Help you navigate through the healthcare maze
- · Help you through the stressful events so you can focus on healing
- · You may receive a call from us to provide any support needed while you are accessing care



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Scan this code to learn more.

