



Advocating for You and With You

Navigating the complex world of health benefits can be a challenge, leaving you questioning if you have made the right choices for you and your family's best health. CareCounsel's health advocacy program is a special benefit sponsored by your employer that can help you understand and effectively navigate your health benefits. We offer high touch and customized service backed by experience and depth. We have provided assistance to thousands of employees since 1997 and look forward to helping you when you need it.

Here are just a few things CareCounsel can help you with:

- Choosing a health plan during Open Enrollment
- Benefits education and assistance for all types of health plans (medical, dental, etc.)
- Getting the most of your healthcare dollars
- Helping you find physicians and get care
- Obtaining second opinions
- Troubleshooting medical claims/bills
- Grievances and appeals
- Navigating Medicare (when you turn 65 and ongoing)
- Access to the Stanford Health Library
- Stanford educational webinars and community education sessions
- Connecting you with expert healthcare resources
- Becoming a proactive health consumer

CareCounsel is a wholly owned subsidiary of Stanford Health Care

Using CareCounsel couldn't Be Easier

We are available by phone at [1.888.227.3334](tel:1.888.227.3334) or at staff@carecounsel.com

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