



## Contact a Health Pro

Health care benefits can be difficult to understand. Medical costs are rising and finding the right care can be time consuming. For your convenience, you have a personal **Health Pro** consultant at your fingertips to simplify your health care experience and steer you towards the most cost-effective, high-quality providers, so you can spend more time on what matters most. Health Pros can help you:

- **Understand your benefits**—clear up any confusion about your health plan
- **Save money on health care**—compare prices and choose more cost-effective options
- **Find great doctors**—locate highly rated doctors, dental providers, and eye care professionals
- **Pay less for prescriptions**—get recommendations for lowering the cost of your medications
- **Schedule appointments**—have your appointments scheduled at times most convenient for you
- **Resolve billing errors**—avoid paying more than you owe

Health Pros can continue to simplify your health care experience through Annual Enrollment. **Beginning August 1, associates will no longer have access to Health Pros.** However, any active inquiries as of July 31 will be completed.

## Questions?

Email a Health Pro at [nmgHealthPro@alight.com](mailto:nmgHealthPro@alight.com) or call **1.866.279.2719** from 3:00 a.m. to 3:00 p.m. HT, Monday through Friday if you need help.