

# Navigating your health and benefits is easy.

## Just ask Accolade.

You and your family can ask Accolade for help with health and benefits questions, big or small. Connect with an Accolade Health Assistant and nurse who will take the time to get to know you and understand your needs.

Accolade is a confidential health and benefits service provided by Bridge's at no cost to you.

## You can ask questions like these:

### Benefits Questions

- What benefits are available to me?
- Is this procedure covered under my health insurance?
- Is there a more affordable option for my medication?
- When can I change my health plan?

### Healthcare Questions

- Can you help me find a great doctor?
- Where is the nearest urgent care facility?
- I was just diagnosed with a condition — now what?
- Can you help me schedule and prepare for my next doctor's visit?
- Can I get a second opinion from a leading specialist?

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*“Accolade has been a tremendous asset that has helped me numerous times navigate through the medical insurance world. They always go above and beyond to be my advocate. This benefit has saved me time, money and sanity.”*

— **Accolade Member**

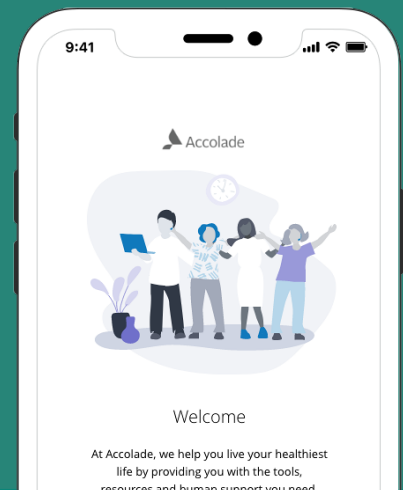
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Call or send a secure message to your Health Assistant or nurse today!

Call **866-336-0790**  
Monday – Friday, 6AM – 6PM MT

Visit [member.accolade.com](https://member.accolade.com) or download the Accolade mobile app by texting **BDG1** to 67793.

One message per request. Message and data rates may apply. Visit [accolade.com](https://www.accolade.com/privacy-policy) for privacy policy and terms of use.



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