

HEALTHCARE IS CONFUSING... CARE NAVIGATOR by HMA CAN HELP.



WHAT IS CARE NAVIGATOR?

Care Navigator is a personal service provided by your employer to help you better navigate the healthcare system. A Care Navigator is available by phone to work with you one-on-one to help you make the most of your health plan benefits.

HOW CAN A CARE NAVIGATOR HELP ME?

Your Care Navigator can explain confusing healthcare lingo, work with you to find a doctor or hospital in the HMA network, help you compare healthcare costs, and answer any detailed questions you may have about how specific healthcare services are covered by your health plan.

WHAT DOES IT COST?

Care Navigator is free, and is available to anyone on the HMA health plan.

HOW DO I GET STARTED?

Call your Care Navigator today at **(425) 289-5123** or toll-free at **1-877-462-1444**.



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