

Healthcare Checklist

Your Accolade Health Assistant is here to help you tackle your healthcare tasks – saving you time, money and stress. Accolade services are **no additional cost to you** as part of your employer benefits.

Find a new primary care doctor

Get my annual check-up and cancer screenings

Get help understanding a medical bill

Estimate the cost of a procedure or test

Check for lower prices on prescriptions

See if I have benefits for mental health therapy

Find ways to better manage a chronic condition

Build healthy habits (sleep, nutrition, exercise, stress, etc.)

Upload insurance ID card image to the Accolade app

Choose a health plan that works best for your family

Consider healthcare needs for other family members



Need help completing a task?

Send a secure and confidential message to your Health Assistant today at <u>member.accolade.com</u>. Scan to download the app



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Accounce provides a personalized nealincare information service to support you to better understand and utilize your benefits, receive information from expert medical resource and facilitate your access to medical care from various healthcare professionals, including virtual medical care services. Virtual medical care services offered by Accolade are provided through independent professional medical practices, including under the Accolade Care brand, to which Accolade provides various platform and related services.