



Take control of your healthcare experience

Healthcare can be complicated and at times, overwhelming. From finding a provider you trust, to ensuring you won't be surprised by big medical bills, there is a lot to consider. Here are a few tips to help you get started:

- Look for providers who are in-network, have office hours and locations convenient for you, and focus their area of care on what you need.
- Make sure your provider is in-network to avoid high out-of-pocket expenses. If they need to have lab work done on your behalf, be sure they work with in-network labs.
- Know in advance what your costs will be, and what payment methods they accept.



Credentials alone won't assure you of a great doctor visit — a little prep work will help you make the most of your time.

Not sure where to begin?

Simply log in to your Health Pro Connection to get started or to connect with your Health Pro for additional help.



SCAN TO DOWNLOAD the **Alight mobile app**
SELECT **Health Pro Connection** to get started

OR

CALL 800-513-1667