

Help when you need it most

How to reduce the stress of health care

You have benefits available that can take some of the pressure off of you when you have health care concerns. Log in to your Health Pro Connection and connect with your Health Pro to confirm your coverage, get cost estimates, and schedule an appointment. They can help you understand and resolve issues with medical bills and review your prescriptions for lower cost options. They may also be able to refer you to other health or mental health care resources available to you.

Read on to learn five tips to reduce the stress of making health care decisions.

1

Get the best possible care

Many health problems can have similar symptoms. Unless you see a qualified doctor and receive a diagnosis, you can't be sure what's causing your symptoms.

2

Avoid misinformation

The internet is full of misinformation, and you can't necessarily rely on what you find there.

3

Stay focused on getting an accurate diagnosis

Having an accurate diagnosis is important for getting the right treatment. Otherwise, it could take longer to get better.

4

Learn about your condition and treatment options

Prepare a list of questions to ask your doctor about your condition, such as recommended lifestyle changes or best treatments available.

5

Use the resources available to you

Navigating work commitments, home and family responsibilities, health concerns, or other life changing experiences can be overwhelming. When you leverage your resources, you can offload some stressful concerns and improve your emotional and physical wellbeing.



Get started today!

Scan to download the **Alight Mobile app**.

Select **Health Pro Connection** to get started or call **1.800.513.1667**.