



Your health is important
We're here to help

Your Health and Welfare Fund is offering additional personalized support to improve your health and well-being, all at no cost to you!

This guide contains an overview of the many ways we can help.



Expert help when you need it most

Access experts who can support you in handling a wide range of healthcare and insurance-related issues.

We'll get to the heart of your issue, no matter how complex.

We'll help you:



Get answers to your **insurance and claims questions** and **resolve billing issues**



Understand how your benefits work and clarify copays and deductibles



Find the right **in-network providers**, make appointments and **transfer medical records**



Make **informed decisions** about various diagnoses



Find and explore the **latest treatment** options and arrange **second opinions**



Coordinate services related to all aspects of your care



Connect with us no matter where you are



Visit our website or app to learn more about your PFT Health and Welfare Fund Health Advocate services. Plus...



Connect with a Health and Welfare Fund benefits expert



Access trustworthy **health information** and **helpful tips**



Learn how to **reduce healthcare costs**



View important **news alerts**



Open a case and download forms



Check the status of your case

HealthAdvocate.com/pfthw



We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law at **no cost to you.**





In our members' words

"You took away so many of my worries.
Thank you for your expertise, empathy and
compassion. It made all the difference."

**Quickly reach us any way
you like** — by phone, email,
online or our mobile app.



877.324.0255

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/pfthw

We're here when you need us most

Hours of operation are Monday - Friday from
8 AM to 10 PM Eastern Time.

We're not an insurance company

We are not a direct medical care provider and is
not affiliated with any insurance company or
third party provider.

Your privacy is protected

Our staff carefully follows protocols and complies
with all government privacy standards. Your medical
and personal information is kept strictly confidential.