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.
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