

# Navigating your health and benefits is easy. Just ask Accolade.

You and your family can ask Accolade for help with health and benefits questions, big or small. Connect with an Accolade Health Assistant and nurse who will take the time to get to know you and understand your needs.

Accolade is a confidential health and benefits service provided by City of Seattle at no cost to you.

## You can ask Accolade questions like these:



### Benefits Questions

- What benefits are available to me?
- Is there a more affordable option for my medication?
- Is this procedure covered under my health insurance?
- When can I change my health plan?



### Healthcare Questions

- Can you help me find a great doctor?
- I was just diagnosed with a condition — now what?
- Where is the nearest urgent care facility?
- Can you help me schedule and prepare for my next doctor's visit?
- What preventive screenings are recommended for me?

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*Accolade has been a tremendous asset that has helped me numerous times navigate through the medical insurance world. They always go above and beyond to be my advocate. This benefit has saved me time, money and sanity.*

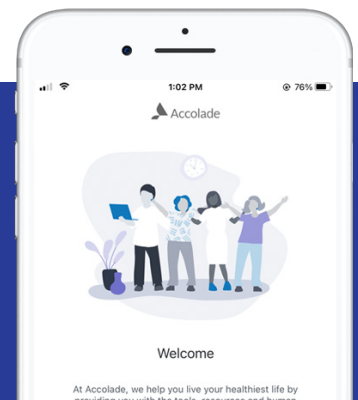
## — ACCOLADE MEMBER

**Call or send a secure message to your Health Assistant or nurse today!**

Call 866-540-5418 Monday - Friday 5AM - 8PM PT

Visit [member.accolade.com](https://member.accolade.com) or download the Accolade mobile app by texting COS1 to 67793.

One message per request. Message and data rates may apply. Visit [accolade.com](https://accolade.com) for privacy policy and terms of use.



CALL 911 IMMEDIATELY IF YOU ARE HAVING A MEDICAL EMERGENCY. Accolade and its affiliates ("Accolade") are not an emergency service.

Accolade is an independent resource to support you in understanding your benefits, accessing and using the healthcare system, receiving information from expert medical resources, and facilitating your access to medical care from various healthcare professionals, including telemedicine services.

Accolade does not practice medicine or provide patient care and is independent from such healthcare professionals, including telemedicine services. Telemedicine services accessed via Accolade, including under the PlushCare brand, are provided by independent medical practices to which Accolade provides various platform and related services.

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Part of your health benefits provided by

