



WomanSafeHealth

Woman Advocacy Insurance Services

Navigating your insurance can be extremely overwhelming and time consuming when you are unfamiliar with their system and processes.

Our goal is to maximize your available benefits, while empowering you to receive the best care possible.

WomanSafeHealth Advocates have the advantage of being based in a physician's office, giving us a different level of access on your behalf.

Questions for your insurance carrier:

- Ask what your insurance covers for an out of network provider (bloodwork? prescriptions? preventative care?)
- Do you need to submit an authorization for your advocate to speak on your behalf?

Preparing for your advocacy:

- Copy of your insurance card (front and back)
- Basic demographic information (Address, date of birth)
- Any applicable correspondence from your insurance provider.
- All billing documents
- Signed authorization of release of information for your advocate



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Woman Advocacy Goal Setting & Execution

Woman Advocates are passionate about empowering our clients. Our goal is to encourage you to actively participate in evaluating all options and determining which plan of action is best for you.

Everyone needs support. Having a woman advocate is a radical act of self-care, and woman advocacy is a central component of self-empowerment.

Tips for goal setting and execution:

- Consider what your overall goals are
- Consider your resources and the amount of time it may take to execute your goals
- Create a list of tasks you would like to complete
- Let your advocate know if they will need to bring a computer to your appointment. (budgeting, resume preparation, academic facilitation)



WomanSafeHealth

Woman Advocacy Assisted Living

WomanSafeHealth Woman Advocacy is not a service designed to replace your assisted living care.

Our goal is to provide additional support or services beyond your facility's scope of practice.

Advocates are available throughout the week, including evenings and weekends by appointment only.

Before you schedule your initial advocacy services, connect with your assisted living management team to ensure the following:

Talk to your assisted living staff and management

- About Additional care and coverage for your loved one.
- Whether or not they require a consent or authorization for an advocate to be onsite.
- About the role of your advocate; coordinating medical appointments, procurement of non-medical items.
- Reviewing and updating needs based on both the resident and their family members.
- Give your assisted living community WomanSafeHealth Advocacy contact information to keep on file.