



# Need Help Understanding Your Benefits?

**We're here to  
make it simple  
*and* personal.**

Your Crumdale Advocate is your go-to resource for questions about your health benefits, insurance, or medical bills. Whether you're figuring out where to go, what's covered, or how to lower a bill — we're on your side.



## What We Can Help With:

01. — Finding in-network doctors or specialists
02. — Understanding your medical bills
03. — Getting help with denied claims
04. — Answering questions about what's covered
05. — Locating lower-cost prescriptions
06. — Getting records sent to new doctors
07. — Setting up payment plans
08. — Sorting out insurance paperwork
09. — Helping with prior authorizations or appeals

## Why Crumdale Advocates?

- One place for answers
- Speak with real people – no phone maze
- Fast, friendly help
- No confusing jargon
- Support you can trust

## How to Reach Us

**Call or Text:**  
855.255.7060

**Email:**  
[advocates@crumdalespecialty.com](mailto:advocates@crumdalespecialty.com)

**Available:**  
Monday-Friday 8am - 7pm EST  
*Inquiries will be responded to within  
4 business hours*

