



PATIENT ADVOCATE FOUNDATION

# Health Insurance Education Series

Helping you chart your course



## ABOUT THIS SERIES

*This interactive training series is designed to help you make informed decisions when selecting a health insurance plan or using your health insurance benefits.*

## EACH SESSION

- *Is available on-demand at your convenience*
- *Is short enough to easily fit into your daily schedule*
- *Offers access to health insurance experts using a Q&A tool*
- *Is free to attend*
- *Has a tip sheet in English and Spanish*
- *Includes slides in Spanish*

## SESSIONS

*What is Health Insurance?*

*How do I Get Health Insurance?*

*How Health Insurance Works*

*Understanding Your Health Insurance Policy Documents*

*Health Insurance Networks: The Ins and Outs*

*Exploring Your Health Insurance Claim: A Walkthrough of the Explanation of Benefits (EOB)*

*How to Avoid Financial Stress: Why Health Insurance is Important*

*10 Tips to Help You Get the Most Out of Your Health Insurance*

Created by



With support from



All sessions available at  
<http://bit.ly/paftraining>