



**SIMPLEPAY
HEALTH**

Did you know you have a Personal Health Assistant?

Your Personal Health Assistant is here to help you navigate through your healthcare journey. The MyPHA program is a free, confidential service that is included in your SimplePay Health plan benefits.



What is the MyPHA program?

Assistants outreach based on

- New diagnosis from your doctor
- New medication filled
- Precertification for a procedure
- Determination of benefits request
- Other medical updates

My PHA coaching services

- Education regarding health concerns
- Options for future care
- Nutritional guidance
- Disease prevention / management
- Support throughout your health journey

Want to connect with a Personal Health Assistant?

Contact your SimplePay Health Valet to connect with your Personal Health Assistant and begin your journey with the MyPHA program.



1-800-606-3564



healthvalet@simplepayhealth.com

Visit simplepayhealth.com to learn more.