

Advantage Health Advisors (AHA)

The Department of Employee Relations and the State's Joint Management Committee on Health Plans introduced the Advantage Health Advisors (AHA) program to Minnesota State employees and their families on September 1, 2006. This free service is available to help with the following:

Get info and support for decision-making – crisis, chronic and routine care

- Walk through important medical decisions step by step
- Know your treatment and care choices
- Understand your health risks and conditions
- Find a specialist
- Learn how to get a second opinion

Find the right health care provider based on your preferences and values

- Collect all the information you need to make the best decision
- Understand how a provider's cost and quality can make a difference

Coordinate your care between physicians and facilities

- Get support in arranging care for a complex medical condition
- Make sure your care providers are updated with all your information
- Understand recommended or prescribed tests, treatments and medications

Get the care you deserve

- Discuss health care concerns
- Learn how to communicate with your provider so you feel listened to, safe and satisfied

Understand your health plan

- Understand what's covered and what's not
- Find information to clarify medical coverage criteria
- Get answers to drug-related questions, including possible interactions and side effects
- Consult with a physician or pharmacist on your behalf if you need more help

Find programs, tools and other health resources

- Learn about free or reduced-cost programs
- Take advantage of community services
- Link to a reliable online resource

Resolve billing or benefits issues

- Walk through complicated bills or statements step-by-step

AHA is staffed by experienced nurses who have access to onsite medical directors (doctors) and special on-line resources and tools to help you. Help is just a phone call away – call 1-877-AHA-0111. Nurses are standing by 24/7.