



# Caring for you in all ways. Always.<sup>SM</sup>

At Health Advocate, we're here to help you and your family with any health or well-being issues. Our services are provided to you by your employer. Just call, tap, or click to reach us and receive confidential, personalized support from our caring team.

# Expert help, delivered with heart



Get one-on-one support from our advocates for health and well-being issues. Our goal is to make your life happier, healthier, and easier.

**We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.**

## Connect with us to:



**Figure out what type of counseling** may work best for you and what counseling options are available to you: telephone, virtual or in-person.



Build skills to address a variety of **emotional and mental health needs**, and develop a plan to feel more in control



Locate the right resources to help you **better balance work and life** such as childcare, eldercare and more



**Find long-term help** from qualified professionals and treatment centers



**Save money** on non-covered medical or dental bills over \$400\*



Get help with travel plans, event planning, reservations, and other time-consuming tasks through our **concierge service**

*\*Health Advocate will attempt to negotiate with providers on claim balances where allowed by states. Best attempts to reduce balances are made, but specific percentage results are not guaranteed.*

# Access online help that's smart with heart



Our website and mobile app provide another layer of support you can access anytime, anywhere.



**Talk with an advocate** in real time through chat



**Learn about your Health Advocate services** and the many ways we can help you



**Explore webinars, online courses, and articles** on a variety of mental and emotional health topics



**Complete checklists and take self-assessments** to learn more about issues that impact you



Access the Financial Fitness Center for **tutorials, calculators, and other financial wellness resources**



Visit the Personalized Legal Center for **general information and tools about legal matters**



## Caring support for the whole family

Our services are available to you, your spouse/partner, dependents, parents, and parents-in-law.



## I love Health Advocate!

I am so grateful my company offers it and I recommend it to everyone. **Every call gets me or my family the support we need and more.**

## We're here 24/7

Get the support you need, right when you need it, so you can be healthy and do the things you love. **We can help you in any language.**

**866.799.2485**

[answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

Call • Email • Message • Live Chat 

Scan Me



### We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third-party provider.

©2024 Health Advocate HA-M-2401092-8BRO

### Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.