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.
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
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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.

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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.