



Your well-being
is important
We're here to help

Your employer has partnered with Health Advocate to offer you personalized support to find balance and gain control during life's challenges, all at no cost to you! **This guide contains an overview of the many ways we can help.**

HealthAdvocateSM



Life has its challenges... we're here to help

Your Employee Assistance Program (EAP) offers confidential support from EAP Professionals, who can help you work through personal, family or work issues to feel more balanced and productive. Support is available **via phone, text, chat, video or face-to-face.**

We'll help you:



Identify **emotional and mental health issues** and **strategies to cope**



Develop a plan to help you **feel more in control**



Build skills to address a variety of **emotional well-being** needs



Locate the right support resources such as **childcare, eldercare and more**



Connect with specialists for help with **work/life balance, legal and financial issues**



Access more **long-term help** from a qualified professional, if needed

Connect with us no matter where you are



Visit our website or app to learn more about your Health Advocate services. Plus...



Compassionate support over the **phone** when you need it most



Participate in **virtual counseling** through phone, text, chat or video



Work with a counselor in **face-to-face sessions**



Explore **webinars, online courses and articles** on a variety of well-being topics



Visit the **Personalized Legal Center, Financial Fitness Center** and **Mindfulness** page



Watch the confidential **orientation video**

HealthAdvocate.com/members



We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law at **no cost to you.**



In our members' words

"You took away so many of my worries.
Thank you for your expertise, empathy and
compassion. It made all the difference."

**Quickly reach us any way
you like** — by phone, email,
online or our mobile app.



877.240.6863

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

We're here when you need us most

Your Health Advocate Employee Assistance Program
can be accessed 24/7/365.

We're not an insurance company

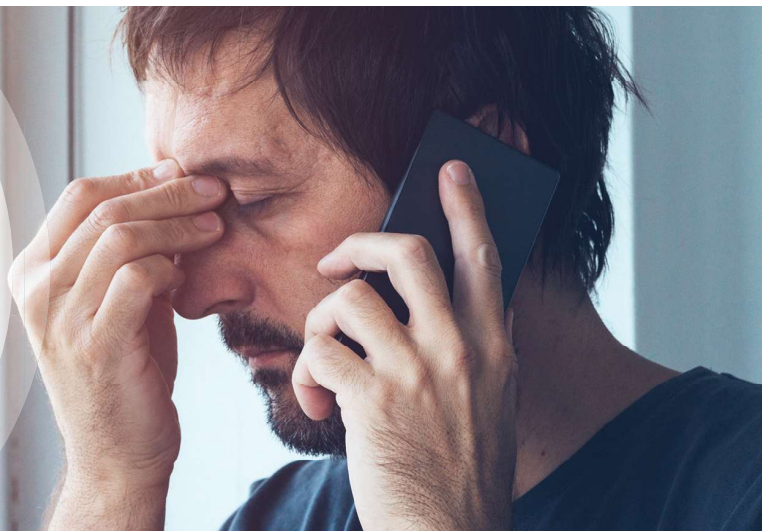
Health Advocate is not a direct medical care provider
and is not affiliated with any insurance company or
third party provider.

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.



Strength is Asking for Help



Health Advocate can help you with real-life issues when you need it most.



Work

- Balancing Work & Family
- Time Management
- Working with Others
- Occupational Stress

Life & Family

- Financial
- Legal
- Childcare
- Eldercare
- Family/Parenting
- Adolescent Issues

Emotional Well-Being

- Relationships
- Anxiety
- Depression
- Drug & Alcohol
- Stress Management
- Grief/Loss



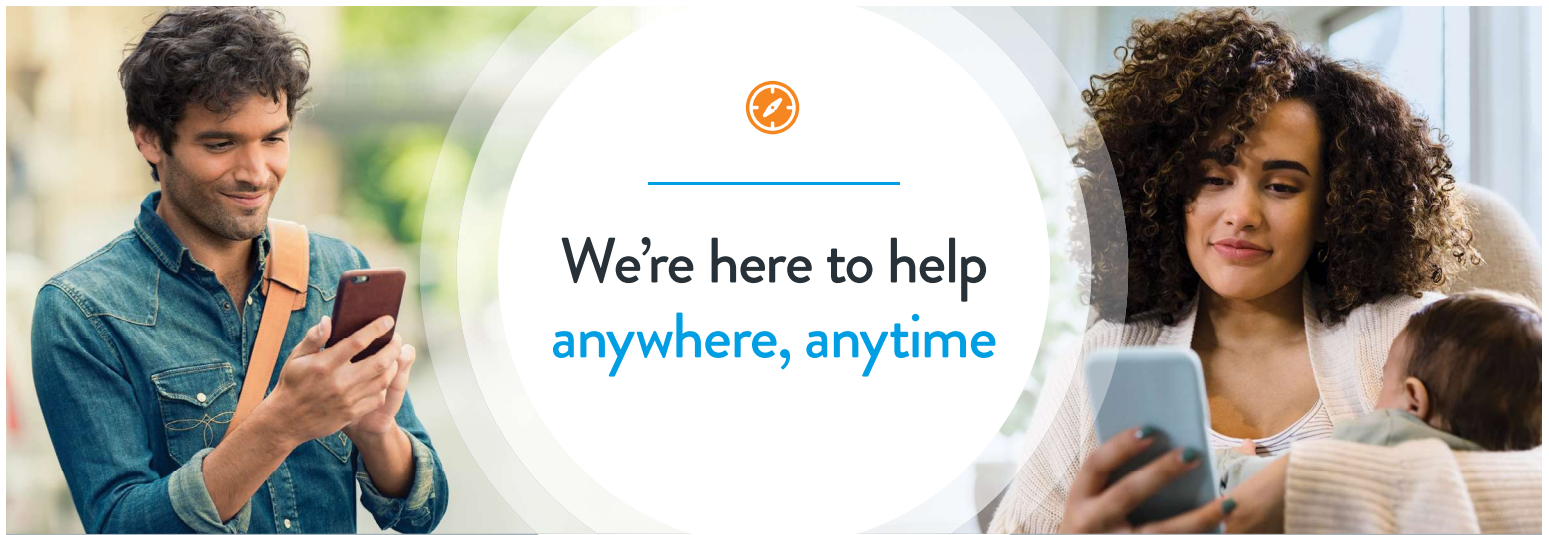
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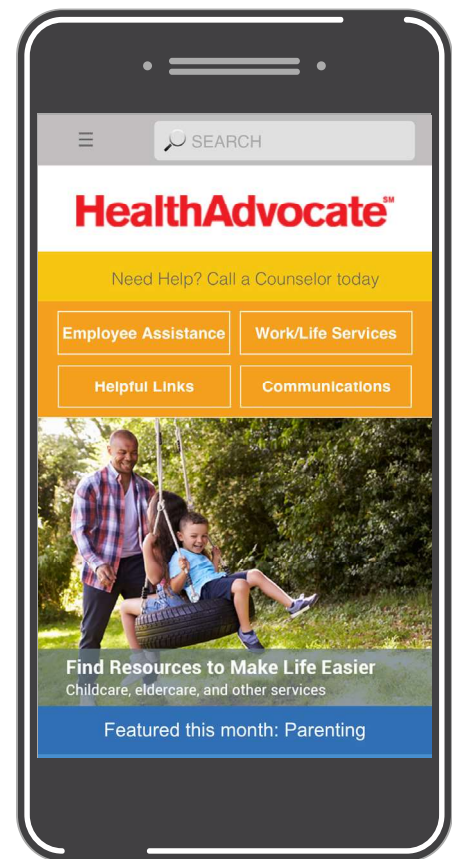
HealthAdvocateSM



Your mobile app is now available!

Free • Convenient • On-the-Go Help

-  **Review Member Benefits**
-  **Confidential support** from Licensed Professional Counselors for personal, family and work issues
-  **Work/Life Services** locates the right help with childcare/eldercare, legal/financial, relocation and more
-  **One-Touch Calling:** Talk to a Licensed Professional Counselor
-  **Quick Email Contact:** Ask a question or address an issue
-  **24/7 EAP+Work/Life Website**
 - View EAP+Work/Life Orientation Video
 - Enhance your skills with Online Trainings
 - View our Webinars
 - Take Health and Well-being Assessments
 - Browse topics from caregiving to retirement planning
 - Access calculators for budgeting, loans, college, etc.



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