



We're here to help anywhere, anytime

## 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.

Remember, Health Advocate is available to employees, spouse/domestic partner, dependent children to age 26, and all household members at no cost.





## **HealthAdvocate**<sup>®</sup>

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