We help you become the best you

Health Advocate offers a unique level of support to help you find balance and feel more in control. Our experts provide help 24/7 and ensure you get the right information and assistance at the right time. Our services are completely confidential and available to you, your dependents (including children to age 26), and your household members.

Confidential support for personal problems

- Get help with depression, anxiety, family issues, substance abuse and more
- Learn strategies such as mindfulness to manage stress and anger and improve focus

Personalized help no matter where you are in life

- Work through relationship problems, divorce, grief and loss, and other life transitions
- Build coping skills to manage life's challenges and gain control of your life

Work/life resources to make life easier and find balance

- Locate childcare, eldercare, summer camps, special needs services and relocation support
- Easy access to legal/financial experts and information, saving you time, money and worry

Access resources online or through our mobile app

- Explore webinars, courses and articles on a variety of well-being topics
- Visit the Personalized Legal Center, Financial Fitness Center and Mindfulness page

888.293.6948

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/standard3

HealthAdvocate℠

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2021 Health Advocate HA-sEM-2105008-7FLY
SI 22316 (8/21)