



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.**

**HealthAdvocate<sup>SM</sup>**



## 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

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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**



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## 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.



**We're here when you need us most**  
Your Health Advocate Employee Assistance Program can be accessed 24/7.

**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.