



# Caring for you in all ways. Always.<sup>SM</sup>

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.

# Expert help, delivered with heart



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

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# Access online help that's smart with heart

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Our website and mobile app provide another

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

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**

Participate in **digital cognitive behavioral therapy (dCBT)** programs to improve your emotional health



## 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.**

