



Caring for you in all ways. Always.SM

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

Locate the right plan to-611-035-1036 communicate, tob11216ce for



Access online help that's smart with heart



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.**

