

Health Advocate

Confidential support with personal issues... at no cost to you

Your Health Advocate Employee Assistance and Work/Life Program offers unlimited access to Licensed Professional Counselors for short-term assistance with a wide range of personal, family and work-related issues. You also have access to Work/Life Specialists who can help you achieve a better work/life balance. Simply call the toll-free number anytime, 24/7 for prompt support.

- Address stress, anxiety, depression, relationship/family problems, substance abuse, grief and loss and more
- Referrals to more long-term help, if needed
- Locate childcare, eldercare and other resources
- Legal/financial consultation and services

Available to the whole family

Health Advocate's confidential services are available at no cost to employees, spouses, dependents, parents and parents-in-law.

Easy to Reach

Call: 877.240.6863

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/members

Plus, use the Health Advocate app for instant access to all of your Health Advocate services, trusted health information and much more.

