

We're always here for YOU and your family



Responding to others day in and day out whether in routine or the toughest situations can take a toll on you and your entire family. Health Advocate offers connection to the right resources to take care of your everyday life issues, as well as counselors ready to support you anytime, anywhere. All to help you stay healthy and doing what you do best.



Emotional Support from our counselors providing coping strategies to address:

- Stress, anxiety, depression
- Substance abuse
- Grief, anger
- Coworker issues



Find Work/Life Resources for family members:

- Special needs
- Childcare, after school and summer care
- Schooling issues
- Eldercare
- Pet sitters
- Relocation services



Connect you with Financial and Legal specialists for consultations on:

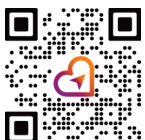
- Wills/trusts
- Finding community resources
- Tax issues
- Retirement and college planning
- Budgeting



Plus, online resources, easily accessed

- Webinars on stress, mindfulness, goal setting, and more
- Downloadable forms for taxes, wills, budgeting
- Articles on health and well-being
- Loan calculators

Just call, tap, or click to reach us and receive confidential, personalized support from our caring team.



888.293.6948

answers@HealthAdvocate.com

HealthAdvocate.com/Standard3

Call • Email • Message • Live Chat

HealthAdvocateSM