




Addressing everyday
life challenges
across the lifespan

**Supporting
total well-being
at every stage,
in every way...**



A child with a backpack is walking away from the camera on a dirt path in a forest. The path is covered in small rocks and surrounded by green foliage and trees. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. Two large, semi-transparent circles are overlaid on the image: a purple one on the left and a light grey one on the right.

Life demands can easily get out of balance

whether employees are facing relationship or financial issues, or disruptive events such as a job relocation. Even “happy events” like starting a family can be extremely stressful, leaving employees feeling overwhelmed and struggling to cope.

**Health, productivity and the bottom
line all suffer.**



Your employees will get the support they need to navigate life issues

Our EAP Professionals listen, identify solutions, provide coping strategies and/or locate the right community services. Plus, our website and mobile app offer additional information and tools. If more help is needed, we provide referrals to appropriate professionals.

In-person • Phone • Chat • Email • Text

New baby

Having a child is one of life's most meaningful, yet overwhelming, events. Our clinical, emotional and educational support aims to help employees prepare and adjust to this new adventure.



Adoption and family planning. Resources for the legal and financial aspects, intra-country adoption and more.



Daycare. Identifying facilities near the employee's home or work with availability and other details personally verified.



Special needs. Counseling focused on coping and stress management for parents and children with special medical needs; referrals to appropriate professionals for long-term help; connection to support groups and other services.

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Did you know?

59% of new parents say they're likely to switch employers after their first baby, making it important to have family-friendly support in place.



Parenting

Raising healthy children while juggling work, home, and personal responsibilities can be a struggle. We help parents prepare for their kids' teen years and beyond.



Raising teens and young adults. Individual and family short-term counseling plus resources to help with peer pressure; exposure to drugs, alcohol and sexual relationships; medical issues that may arise; increased expectations from parents and teachers; and other challenges.



Bullying. Whether bullying is happening via social media or at school, we help parents identify the signs and provide guidance to stop it.



Childcare, camps, after-school activities. We'll locate available programs, centers, nannies, babysitters and other resources near an employee's home or work.

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Did you know?

90% of working parents
report difficulty balancing
work and family.



Relationships

Staying healthy and establishing relationships with others is the cornerstone to well-being... and even a longer life. We give employees the support they need to strengthen relationships.



Communication. We offer the tools to build healthy communication skills—the key to connecting with others.



Marital. Through couple's or individual short-term counseling and self-help information, we address issues from prenuptial agreements to strengthening a marriage, to separation and divorce.



Family. Multigenerational, blended/step, single parent – no matter what the family make-up, our support helps ensure that the family functions as a healthy unit.

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Did you know?

Relationships are worse off when people are under stress—whether it's conflicts with friends, financial or health problems or long work hours—and do not receive support.

Work/Career

From providing career advancement resources and overcoming procrastination and other bad work habits, to addressing personal and interpersonal issues that impact work, we give employees support to help them reach their full potential.



Burnout. Characterized by emotional exhaustion, cynicism and ineffectiveness in the workplace, we provide self-care strategies to help reverse burnout in the earliest stages.



Coworker issues. From addressing harassment to diversity issues, we provide confidential support, insight and coping strategies to help employees remain productive.



Distraction. We offer guidance with mindfulness, time management and other self-care strategies to help employees maintain focus at work, improving productivity.

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Did you know?

Emotional distress can reduce a worker's capacity to perform by up to 50 percent.

Mental health

Mental/emotional health issues are costly, debilitating and touch every workplace. It's important that employees have easy access to the help they need in the earliest stages to prevent problems from escalating, keeping employees healthy and performing at their peak. That is exactly what we offer.



Depression, anxiety, anger. We help identify symptoms and offer coping strategies like mindfulness to regain control and manage stress, and provide referrals to professionals for in-depth help as needed.



Addiction/dependency. Whether employees overuse or misuse alcohol, prescription pills or even their smartphones, we offer coping techniques and counseling support to help curb use. If needed, we'll find appropriate treatment facilities.



Grief and loss. We offer counseling and locating support groups to help employees through all stages of the grief process.

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Did you know?

Depression is an extraordinarily common condition, yet only a little over a third of those affected receive treatment.

Financial/Legal

Fear and anxiety about money is a major stressor for employees of all ages. Whether they're struggling with credit card debt, saving for a home, or retirement planning, we offer personalized support and tools to help employees manage their money, reduce debt, and save for the future—all to lower stress and increase productivity.



Debt. Online tools and telephonic consultation with financial experts help employees manage debt and learn budgeting basics.



College planning. We provide numerous resources, tools, and information to help parents plan for tuition costs, navigate the selection process and more, including consultation with a financial specialist.



Bankruptcy. We offer telephonic consultation with a legal expert to help employees who suffered a financial setback determine if bankruptcy is a viable option to making a fresh start and learn about the next steps.

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Did you know?

7 out of 10 American workers say financial worry is their most common cause of stress. More than 80 percent say it's affected their productivity.

Retirement & Caregiving

More than a third of employees feel stressed about retirement, particularly concerning their future finances. We help employees make a smooth transition to this phase of life, providing counseling support and practical information to help them—or an aging loved one—put a plan in place.



Financial planning. We provide information ranging from saving for retirement to signing up for accessing Medicare, estate planning, preparing wills and more.



Housing options. We'll locate information about downsizing, senior or assisted living, long-term facilities, home healthcare and more.



Eldercare support. We offer counseling and support services to address caregiving stress and balancing work/life responsibilities.

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Did you know?

30% of the workforce is caring for an aging parent or relative, which results in increased absenteeism, lower productivity, and poorer health for the caregivers.





We help support your employees across the lifespan.

Everyday stress can be overwhelming.

Our specialists provide confidential help 24/7 and the right resources to help employees and their families find health and balance no matter where they are in life.

All at no cost to employees.

Contact us to learn more!

Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential. **In a crisis, help is available 24/7.**

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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