



Your health
is important
We're here to help

Your employer has partnered with Health Advocate to offer you personalized support to improve your health and well-being, all at no cost to you!

This guide contains an overview of the many ways we can help.

HealthAdvocateSM



Expert help when you need it most

Your Health Advocate services give you access to experts who can support you in handling a wide range of healthcare and issues and help you work through personal, family or work issues. **We'll get to the heart of your issue, no matter how complex.**

We'll help you:



Get answers to your **insurance and claims questions** and **resolve billing issues**



Find the right **in-network doctors**, make appointments and **transfer medical records**



Make **informed decisions** about medical conditions and diagnoses



Identify **emotional and mental health issues** and find **strategies to cope**



Access more **long-term help** from a qualified professional, if needed



Connect with specialists for help with **work/life balance, legal and financial issues**

Connect with us no matter where you are



Visit our website or app to learn more about your Health Advocate services. Plus...



Instantly interact with a Health Advocate expert



Access trustworthy **health information** and **helpful tips**



Explore **webinars, online courses and articles** on a variety of emotional health topics



Visit the **Personalized Legal Center, Financial Fitness Center** and **Mindfulness** page



Open a case and download forms, view your case status

HealthAdvocate.com/members



We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law at **no cost to you.**



In our members' words

"You took away so many of my worries.
Thank you for your expertise, empathy and
compassion. It made all the difference."

**Quickly reach us any way
you like** — by phone, email,
online or our mobile app.



866.799.2728

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

We're here when you need us most

Your Health Advocate services can be accessed 24/7. Normal hours of operation are Monday - Friday from 8 AM to 10 PM Eastern Time. Staff is available for assistance after hours and on weekends. In a crisis, help is available 24/7.

We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third party provider.

Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.