



HealthAdvocate™

**We're here to
support you**



HealthAdvocate offers a unique level of healthcare, insurance and well-being support to help you reach your best health. Our experts will do the work to ensure that you get the right information and assistance at the right time. Our services are completely confidential and available to you, your spouse, dependents, parents and parents-in-law at no cost.

Confidential support for personal problems

- Get “in the moment” support and guidance for personal issues
- Find resources to help with financial concerns, stress, depression, substance abuse

Work/life resources to make life easier and find balance

- Locate childcare, eldercare, summer camps, special needs services and relocation support
- Easy access to legal/financial experts and information, saving you time, money and worry

Take the hassle out of healthcare

- Find the right in-network doctors and make appointments
- Review medical bills to find errors or duplicate charges, resolve claims and billing issues

Support for every type of medical condition

- Explain health conditions, diagnoses and treatments. Help you research treatment options
- Answer questions so you can make the right choices for your care



866.799.2728

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/nelsonmullins

HealthAdvocate™



In challenging times, it can be helpful to talk to someone for support and resources. You and your family members have access to a Licensed Counselor who will listen and provide emotional support and coping tips for personal, family and work issues, at no cost to you.

How It Works

1. Call **HealthAdvocate**
2. An intake Counselor will conduct a brief assessment to determine your needs and connect you to the right counselor to begin counseling sessions*
3. If needed, you'll be connected to a **Work/Life specialist** to locate childcare/eldercare, legal/financial, relocation or other resources you may need

*If you need more in-depth help, referrals are provided.

Your mobile app is available!

Free • Convenient • On-the-Go Help

From the **HealthAdvocate** mobile app you can review member benefits, receive support from professional counselors, locate resources, and much more!

Get the **HealthAdvocate** mobile app by scanning the QR code below.



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HealthAdvocateSM

We can help with:

- Stress, anxiety, depression
- Relationship and parenting issues
- Financial and job pressures
- Grief, loss, and anger
- Substance abuse



Remember, you, your spouse, dependents, parents and parents-in-law are all eligible for **HealthAdvocate** services.

In a crisis, help is available 24/7

Turn to us at any time!

