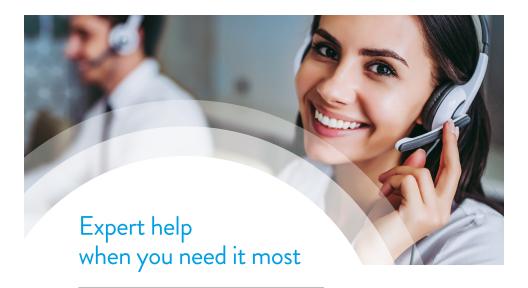


Your employer has partnered with Health Advocate to offer you personalized support to improve your health and well-being, all at no cost to you!

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





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 and 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 a digital cognitive behavioral therapy (dCBT) program to help improve your emotional fitness



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.



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





866.799.2728



 $\textbf{Email:} \ answers @ Health Advocate.com$ 

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.

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