



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 gives you access to experts who can support you in handling a wide range of healthcare issues and help you take full advantage of all your benefits. **We'll get to the heart of your issue, no matter how complex.**

We'll help you:

-  Quickly connect to all of your benefits, get answers to your insurance and **claims questions and resolve billing issues**
-  Find the right **in-network doctors**, make appointments and transfer records
-  Make **informed decisions** about medical conditions and diagnoses, arrange second opinions
-  Identify **emotional health issues** and find ways to cope with support from an Employee Assistance Program (EAP) Professional
-  Achieve better **work/life balance** and locate resources to make life easier
-  Take your health goals from **aspirations to realizations** with help from our Wellness Program

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



Get estimates for procedures and access reviews for doctors, hospitals and other providers using our Health Cost Estimator+ tool



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



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



Access **wellness tools and resources** to take your well-being to the next level



View trustworthy **health information** and **helpful tips**

HealthAdvocate.com/members



We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law. Wellness services are available to employees, spouses and dependents age 18+ 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.



866.799.2691

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

We're here when you need us most

Your Health Advocate Employee Assistance Program can be accessed 24/7/365. For all other services, our regular business hours are Monday through Friday, 8 AM to 10 PM Eastern Time. After-hours and weekend calls are handled by our backup call center. Cases started off-hours are sent to Health Advocate for resolution during normal business hours.

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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.