



We're here  
when you need  
us most



Your employer has partnered with Health Advocate to offer you personalized support to find balance and gain control during life's challenges, **all at no cost to you!**



### Emotional Support

Your Employee Assistance Program (EAP) offers confidential support from Licensed Counselors who can help you work through issues impacting your life and well-being.

#### Our Counselors can help address:

- Anger, grief, loss, anxiety, depression
- Job stress, burnout, work conflicts
- Marital relationships, family issues
- Addiction, eating disorders, mental illness



### Work and Life Balance

Through EAP, you also have access to a team of Work/Life Specialists to help find resources to better balance work and life and feel more productive.

#### Our Work/Life Specialists can help with:

- Time management
- Locating childcare and eldercare resources and concerns
- Personal/family/elder law, identity theft
- Financial resources for debt management, budgeting, credit issues
- Plus, we can connect you to financial and legal consultants

**Simply call us.** We offer compassionate support over the phone and can review other options for counseling. If needed, we'll help you connect with the appropriate professionals for long-term support.

Health Advocate is completely confidential and available to you, your spouse, dependent children, parents and parents-in-law at no cost to you. **In a crisis, help is available 24/7.**



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**HealthAdvocate<sup>SM</sup>**



Our specialists can help you find balance and feel more in control so you can focus on what matters most.

**Balancing the needs of family, personal and work responsibilities isn't always easy.**  
Your Health Advocate Employee Assistance Program (EAP) offers the right support at the right time.  
**Here are some frequently asked questions about our program.**

### What is EAP and Work/Life?

This unique program is designed to help you lead a happier more productive life at home and at work by connecting you with Licensed Counselors and Work/Life Specialists who are experts at helping people cope and feel more in control. Additionally, we offer many self-serve resources online and through our mobile app.

### How does it work?

**Call to connect with a Counselor who will help:**

1. Define the problem clearly
2. Assess the type of help needed
3. Either provide the necessary help or connect you to the appropriate specialist

### Who can use the EAP?

The program is available to you, your spouse, dependent children, parents and parents-in-law.

### What services are available online?

As a complement to the personalized support offered by our Licensed Counselors and Work/Life Specialists, you can access a variety of self-serve resources through our website and mobile app. Here are some of the resources available to you:

- **Explore webinars**, online courses, and articles on a variety of well-being topics
- **Complete checklists** and take self-assessments to learn more about issues that impact you
- **Visit the Personalized Legal Center**, Financial Fitness Center and Mindfulness page
- **Watch the confidential orientation video**

### Is my privacy 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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