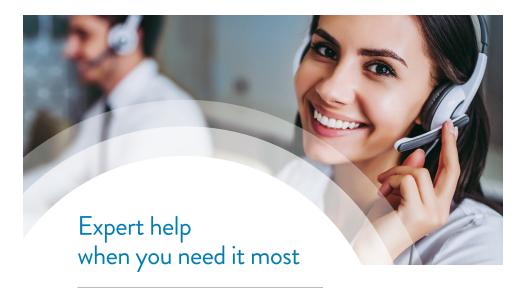


Your employer has partnered with Health Advocate to offer you personalized support to improve your health and well-being, all at no cost to you!

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 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:

- C Ouickly
 - Quickly connect to all of your benefits
- Understand how your benefits work and clarify copays and deductibles
- Get answers to your insurance and claims questions and resolve billing issues
- Identify emotional and mental health issues and find strategies to cope with the help of an EAP Professional
 - 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...





Compassionate support over the **phone** when you need it most



Participate in virtual counseling



Work with a counselor in face-to-face sessions



Get up-to-date benefits and insurance information



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



Visit the Personalized Legal, Financial Fitness and Communications centers

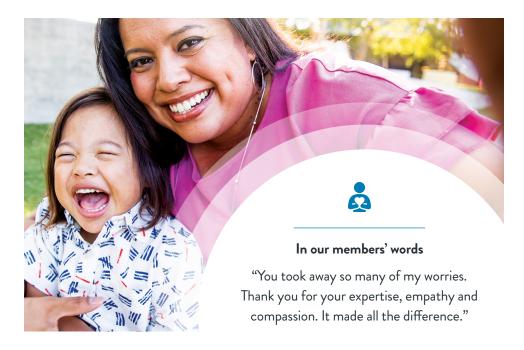
HealthAdvocate.com/members





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.





866.799.2691



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.