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.

877.240.6863
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Your well-being is important
We're here to help

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

We're here when you need us most
Your Health Advocate Employee Assistance Program can be accessed 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.
Life has its challenges... we’re here to help

Your Employee Assistance Program (EAP) offers confidential support from EAP Professionals, who can help you work through personal, family or work issues to feel more balanced and productive. Support is available via phone, text, chat, video or face-to-face.

We’ll help you:

- Identify emotional and mental health issues and strategies to cope
- Develop a plan to help you feel more in control
- Build skills to address a variety of emotional well-being needs
- Locate the right support resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues
- Access more long-term help from a qualified professional, if needed

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 through phone, text, chat or video
- Work with a counselor in face-to-face sessions
- Explore webinars, online courses and articles on a variety of well-being topics
- Visit the Personalized Legal Center, Financial Fitness Center and Mindfulness page
- Watch the confidential orientation video

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.