

Exclusively for Health Advocate Members

# HealthAdvocate™ Spotlight:

# EAP+Work/Life

Life is full of ups and downs, and sometimes you need a little support to get through the rough spots. Your EAP+Work/Life Program, a key part of your Health Advocate benefits, is here 24/7 to help. This free, confidential program offers a variety of services and resources to help you get back on track. **One call is all it takes.**



HealthAdvocate™  
Always at your side

# One number, complete support

## Employee Assistance Program (EAP)

### Confidential help when you need it

Call us anytime, 24/7 to reach a Licensed Professional Counselor. Our experts can provide confidential, short-term help, by phone or in-person, for a variety of personal, family and work-related issues. Phone calls are unlimited. If needed, your counselor can also refer you for more long-term support.

- Depression
- Stress + anxiety
- Relationships
- Parenting
- Grief, trauma + loss
- Substance abuse
- Workplace conflicts
- And more



## Work/Life Services

### Work, life and everything in-between

Need help balancing the demands of your family, job and personal life? Call one of our Work/Life Specialists. Our experts can find resources in your area for a wide range of services, making your life a whole lot easier.

- Legal help
- Financial assistance
- Childcare
- Eldercare
- Relocation
- Home repair
- And more



### Work/Life Website

Your comprehensive Work/Life website offers online educational materials, webinars, workshops and much more. Log in at [HealthAdvocate.com/members](https://HealthAdvocate.com/members) to get started.

### Who is eligible

You, your spouse, dependents, parents and parents-in-law can all take advantage of your EAP+Work/Life Program.

### Your privacy matters

Your privacy is important to us. None of your personal health information will be shared with your employer.

In a crisis, emergency help is available 24/7.

**855.424.6400**  
HealthAdvocate.com/members



# HealthAdvocate™

## Your all-in-one benefit

**Remember,** in addition to your EAP+Work/Life Program you have unlimited, ongoing access to the following features from Health Advocate:



### **Health Advocacy**

Help resolving healthcare and insurance-related issues



### **Wellness Coaching**

Personalized support to help you meet your health goals



### **Chronic Care Support**

Expert help managing chronic health conditions



### **Pricing Support**

Shop around for healthcare and save



### **Personalized Health Dashboard**

Secure, online access to health and benefits information



### **Healthy Reminders**

Ongoing reminders to get important care



Help is Only a Phone Call Away

**855.424.6400**

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



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