Welcome to Your New Health Advocate Benefit

Who is eligible?
The EAP+Work/Life service is available to you, your spouse, dependent children, parents and parents-in-law.

We're here when you need us most
Your Health Advocate benefit is available 24/7. Normal business hours are Monday-Friday, between 8 am and 9 pm, Eastern Time. Staff is available for assistance after hours and on weekends.

There is no cost to use our service
Your employer or plan sponsor offers your Health Advocate benefit at no cost to you.

Your privacy is protected
Our staff follows careful protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.

We are not an insurance company
Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

Exclusively for Health Advocate Members

Help is Only a Phone Call Away!

All of us have experienced some type of personal problem, concern or emotional crisis at one time or another. The Health Advocate EAP+Work/Life™ program, offered to you at no cost by your employer or plan sponsor, gives you access to a Licensed Professional Counselor or Work/Life Specialist for help with personal, family, and work issues.

Easy to Reach

877.240.6863

Email: answers@Health Advocate.com

Web: Health Advocate.com/members
**Employee Assistance**

Your employee assistance program (EAP) is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor who will help you define the problem clearly and assist you.

Get unlimited help with personal, family, and work issues such as:

- Stress, depression, anxiety
- Relationship issues, divorce
- Job stress, work conflicts
- Family and parenting problems
- Anger, grief and loss
- Addiction, eating disorders, mental illness
- And more!

Your counselor will either address your concerns during your sessions, or will refer you to appropriate licensed professionals, counselors or community resources for long-term help.

**Work/Life Balance**

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions as well as put you in touch with resources in the following areas...

**Childcare Services**
- Childcare centers
- Babysitter tips
- Family-run child care homes
- Community resources
- Nanny agencies
- Pre-schools

**Eldercare Services**
- Assisted living
- Nursing homes
- Independent living
- Adult day care services
- Geriatric care managers
- Adults with disabilities

**Legal Services**
- Personal/family elder law
- Real estate
- Identity theft

**Financial Services**
- Debt management
- Budgeting
- Credit report issues

**Log on to the EAP+Work/Life member website** to view monthly webinars, access authoritative articles, and locate important support resources. You will also receive monthly newsletters covering a wide range of popular topics.

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

877.240.6863

For these and other resources, visit: HealthAdvocate.com/members

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