



We help you
become the
best you



Health Advocate offers a unique level of support to help you find balance and feel more in control.

Our experts provide help 24/7 and ensure you get the right information and assistance at the right time. Our services are completely confidential and available to you, your spouse, dependents, parents and parents-in-law at no cost.

Confidential support for personal problems

- Get help with depression, anxiety, family issues, substance abuse and more
- Learn strategies such as mindfulness to manage stress and anger and improve focus

Personalized help no matter where you are in life

- Work through relationship problems, divorce, grief and loss, and other life transitions
- Build coping skills to manage life's challenges and gain control of your life

Work/life resources to make life easier and find balance

- Locate childcare, eldercare, summer camps, special needs services and relocation support
- Easy access to legal/financial experts and information, saving you time, money and worry

Access resources online or through our mobile app

- Explore webinars, courses and articles on a variety of well-being topics
- Visit the Personalized Legal Center, Financial Fitness Center and Mindfulness page



HealthAdvocateSM