Always at Your Side

We're here when you need us most
Health Advocate can be accessed 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.

Easy to Reach

24/7 Support 877.240.6863
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download our NEW Smartphone App
App Store / Google Play
Plus, access Health Cost Estimator™

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

Independent, Confidential, Convenient. 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.

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HA-EM-120020-1BRG
Health Advocate®
EAP+Work/Life

Welcome! Your EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Your counselor can also refer you for ongoing treatment, if needed.

For help balancing family and work responsibilities, our team of Work/Life Specialists will connect you to resources in your area for expert support.

24/7 Support 877.240.6863 HealthAdvocate.com/members

Health Advocate is a service provided at no cost to you by your employer or plan sponsor. Eligible employees, their spouses, dependent children, parents and parents-in-law can all take advantage of this valuable service.

Turn to us for help with...

Personal Issues
Our Licensed Professional Counselors can help with:

- Depression, anxiety or stress
- Marital or family/parenting issues
- Work stress or conflicts
- Anger, grief, loss or substance abuse

Work/Life Support
Our Work/Life Specialists can assist with:

- Legal or financial problems
- Childcare, eldercare, adoption or parenting concerns
- Time management issues or relocation support

Visit HealthAdvocate.com/members:
You can view articles on a wide range of helpful topics, participate in online webinars and seminars.

...and much more!