

## Member Wallet Cards



HealthAdvocate™



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## HealthAdvocate™ EAP+Work/Life

### 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.

## Easy to Reach



877.240.6863



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

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# Welcome

## To Your New Health Advocate Benefit

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.

*Help is Only a  
Phone Call Away!*



HealthAdvocate™  
Always at your side

# HealthAdvocate™ Help is Only a Phone Call Away

## 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

### Legal Services

- Personal/family elder law
- Real estate
- Identity theft

### Eldercare Services

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

### Financial Services

- Debt management
- Budgeting
- Credit report issues

### Your EAP+Work/Life Website

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.



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### HealthAdvocate™

- ✓ Employee Assistance Program
- ✓ Work/Life Support

**24/7 Support** 877.240.6863 In a crisis, emergency help is available

**Visit us online at:**  
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**For these and other resources, visit:**  
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