

We're here to help when you need it most. Here's how.



Expert support, 24/7

Unlimited, confidential support from Licensed Professional Counselors and Work/Life Specialists.

Short-term assistance

Turn to us for help with personal issues such as stress, depression, family problems, substance abuse and more.

Referrals for additional care

Simple, seamless referrals for additional treatment or special care, if needed.

Work/Life support

Help and referrals for childcare and eldercare issues, legal and financial concerns, time management and more.

Convenient work/life website

24/7 access to program communications, educational materials and other resources.

Join monthly webinars

Participate in free, monthly webinars on a wide range of important topics.

Find local providers

Search for a variety of services in your area, from adult day care to relocation services.

Real-time support

In-person, telephonic, or online video counseling support available.

Your Health Advocate benefit is being offered by your employer at no additional cost for you and covers eligible employees, their spouses, dependent children, parents and parents-in-law.*

* Restrictions apply

Health Advocate is not affiliated with any insurance company or third party provider, and does not provide medical care or recommend treatment.



877.240.6863

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