



Caring for you in all ways. Always.SM

At Health Advocate, we're here to help you and your family with any health or well-being issues. Our services are provided to you by your employer. Just call, tap, or click to reach us and receive confidential, personalized support from our caring team.

Expert help, delivered with heart



Get one-on-one support from our advocates for health and well-being issues. Our goal is to make your life happier, healthier, and easier.

We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.

Connect with us to:



Quickly reach all your benefits through one phone number—ours!



Take full advantage of all the benefits and services provided by your employer



Figure out what type of counseling may work best for you and what counseling options are available to you



Build skills and develop habits that support your well-being and a healthy lifestyle



Get answers to your insurance questions; resolve claims and billing issues



Get assistance finding **in-network doctors and specialists for your specific needs**, making appointments, and transferring medical records



Work toward your well-being goals with expert guidance and support

Access online help that's smart with heart



Our website and mobile app provide another layer of support you can access anytime, anywhere.



Talk with an advocate in real time through chat



Learn about your Health Advocate services and the many ways we can help you



Explore webinars, online courses, and articles on a variety of mental and emotional health topics



Jump-start healthy changes with interactive challenges, workshops, and trackers



Participate in **digital cognitive behavioral therapy (dCBT)** programs to improve your emotional health



Open a case, download forms, and **view your case status**



Caring support for the whole family

Our services are available to you, your spouse/partner, dependents, parents, and parents-in-law.



I love Health Advocate!

I am so grateful my company offers it and I recommend it to everyone. **Every call gets me or my family the support we need and more.**

We're here 24/7

Get the support you need, right when you need it, so you can be healthy and do the things you love. **We can help you in any language.**

866.799.2691

answers@HealthAdvocate.com

HealthAdvocate.com/members

Call • Email • Message • Live Chat 

Scan Me



We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third-party provider.

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Your privacy is protected

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