

Strength is Asking for Help

Health Advocate can help you with real-life issues when you need it most.

Work:

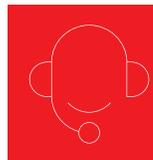
- Balancing Work & Family
- Time Management
- Working with Others
- Occupational Stress

Health & Wellness:

- Financial
- Legal
- Child Care
- Adult Care
- Parenting

Emotional Well-Being:

- Relationships
- Family/Parenting Issues
- Adolescent Issues
- Anxiety
- Depression
- Drug & Alcohol
- Stress Management
- Grief/Loss



Turn to us—we can help.



877.240.6863

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

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