



Feeling overwhelmed in the “new normal”?

We can help.

In these uncertain times, worry about rising debt, protecting against COVID-19, and juggling work and family can take over. Health Advocate can provide the answers, support, and resources you need to regain a sense of control. There's no charge and it's confidential.

Here's how we can help.



Short-term counseling for depression, grief, anxiety, anger, family/relationship issues, burnout, uncertainty, etc. Easily access personalized help via text, phone, chat or video session



Work/Life specialists find local childcare, eldercare, summer camps, pet sitters, support groups, and other needed resources



Connect to financial and legal specialists for specific questions



Access to Perks at Work program for discounts on car insurance, cell phone bills, electronics, clothing and more



Comprehensive website with articles/tools and calculators on managing debt, budgeting, loans, buying a house or car, planning for a family, paying school loans, etc.

Call us any time. We can help you through uncertain times!



HealthAdvocateSM