

# We help support your life



Our experts provide **confidential help 24/7** and the right resources to help you and your family find balance no matter where you are in life.

This well-being support is at **no cost** to you.

Health Advocate is available at no cost and is completely confidential. In a crisis, help is available 24/7.

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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## **Stressed? Anxious? Upset?** Talk to us.

- Get help for family, financial and legal problems, life transitions, substance abuse and more
- Learn strategies to manage stress, depression, anger and improve focus, such as mindfulness

## **Get resources to make life easier.** We'll do the legwork.

- Locate childcare, eldercare, summer camps, special needs services, relocation and more
- Get time-saving help locating community resources and convenience services

## **Struggling to cope every day?** Get support.

- Build skills to handle challenges, feel more in control of your life
- Get referred to qualified long-term help, if needed

## **Easily connect to us.** 24/7 access.

- Consult with us in person, by phone, or chat
- Access your comprehensive website for articles, tips, webinars and tools

**Get started today.**  
[healthadvocate.com/compass-group](https://healthadvocate.com/compass-group)

**HealthAdvocate<sup>SM</sup>**