

**Exclusively** for Health Advocate Members



**866.799.2728**  
HealthAdvocate.com/members

# We Help Support Your Life!

## Your EAP+Work/Life Program

All of us have experienced some type of personal problem, concern or emotional crisis at one time or another. The Health Advocate EAP+Work/Life program™, offered to you at no cost by your employer or plan sponsor, gives you access to a Licensed Professional Counselor for help with personal, family, and work problems. You also have access to a work/life specialist who can help you find a wide range of support resources to help balance your work and life. All it takes is one phone call, available 24/7, at no cost to you.



### We Can Help!

#### Employee Assistance

Call for confidential access to a Licensed Professional Counselor who will provide short-term assistance with issues that are having an impact on your life and ability to focus on work.

Your Licensed Professional Counselor can help address:

- Stress, depression, anxiety
- Marital relationships, family/parenting issues
- Work conflicts
- Anger, grief and loss
- Drug and alcohol abuse
- And more!

You may be referred to the appropriate professional for in-depth, long-term help.

**Read on to learn more >>**

**HealthAdvocate™**  
Always at your side

# Just Call Us!

## Work and Life Balance

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our work/life specialists can answer your questions as well as put you in touch with resources in the following areas...

### Childcare Services

- Childcare centers
- Babysitter tips
- Family-run child care homes
- Community resources
- Nanny agencies
- Pre-schools
- Summer camps
- Back-up care

### Legal Services

- Personal/family law
- Elder law
- Real estate
- Identity theft

Our legal service is provided by attorneys and includes a free telephone consultation. Depending on your issue, you may be eligible to receive a 25% discount off the attorney's regular fees.

### Eldercare Services

- Assisted living
- Nursing homes
- Independent living
- Home health aids
- Adult day services
- Senior centers
- Geriatric care managers
- Community resources
- Adults with disabilities

### Financial Services

- Debt management
- Budgeting
- Credit report issues

Our financial service is provided by seasoned professionals and includes a free telephone consultation.

### Who can use the EAP+Work/Life Program?

The program is available to you, your spouse, dependent children, parents, and parents-in-law.

### Is my privacy protected?

**Yes.** Our staff follows careful protocols and complies with all government privacy standards. Your personal information is strictly confidential.



## For More Information

Call our toll-free number to reach a **Licensed Professional Counselor** or **work/life specialist** who can assist you. You can also visit our website to view helpful articles, resources and informative webinars!

**24/7 Support** **866.799.2728**  
HealthAdvocate.com/members

Your Health Advocate EAP+Work/Life Program is paid by your employer or plan sponsor, and is completely confidential.

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