



Expert support from Health Advocate to help you be your best self

Sares Regis is partnering with Health Advocate to provide you with support from Employee Assistance Program (EAP) Professionals to cope with personal, family and work issues, in addition to the help they provide to navigate your healthcare and insurance, all at no cost to you. They'll get to the heart of your issue, no matter how complex.



Health Advocate can help you:

- Build skills to address a variety of emotional and mental health needs
- Locate resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues
- Get answers to your insurance questions and resolve billing issues
- Find the right in-network doctors, make appointments and transfer medical records
- Make informed decisions about medical conditions and diagnoses

Connect with Health Advocate no matter where you are

Access the Health Advocate member website or mobile app to learn more about these services and explore resources to help you focus on your health and so much more.

Health Advocate supports the whole family

Health Advocate services are available to you, your spouse, dependents, parents and parents-in-law.

Our decision to offer Health Advocate reflects our interest in ensuring that our employees have the best possible health. We believe that you and your family will benefit from this valuable service.

Sincerely,

Sares Regis Benefits Team

