

Caring for you in all ways. Always.SM

Health Advocate is here to help you and your family with any health or well-being issues. You get access to experts who will do the work to ensure that you get the right information and assistance at the right time. We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.



Save time, money, and worry

- Understand your coverage for medical, dental and vision services; know your deductibles, and copays
- Get help resolving claims and billing issues, check that your out-of-pocket costs are correct

Expert support when you need it most

- Understand health conditions, diagnoses, and treatments; explore the latest treatment options
- Work through issues that impact your life and well-being, like relationship and family conflicts, stress, anxiety, depression, substance abuse, and more

Access confidential support for mental and emotional health needs

- Learn what counseling options are available and which type may work best for you
- Find long-term help from qualified professionals and treatment centers

Get help anytime, anywhere online or through our mobile app

- Participate in digital cognitive behavioral therapy (dCBT) programs to improve your emotional health
- Explore webinars, online courses, and articles on a variety of mental and emotional health topics



866.799.2728

answers@HealthAdvocate.com

HealthAdvocate.com/saresregis

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