



Help for better mental health



Health Advocate gives you access to **Personal Health Advocates** who will **compassionately and confidentially** get you the **help and information you need**, and guide you to providers who specialize in depression, anxiety, neurological disorders, substance abuse and more.



How We Help

- **Clarify benefits and coverage**; explain your share of the costs
- **Find in-network doctors**, psychologists, psychiatrists and other who specialize in the issues important to you
- **Arrange appointments** and transfer records
- **Identify both inpatient and outpatient treatment**, programs and other specialized facilities
- **Address insurance issues**, help obtain approvals for services
- **Understand prescription coverage** and answer questions about medications
- **Coordinate second opinions** and other aspects of your care
- **Locate clinical trials**
- **Find support groups** and community resources



It's for the whole family.

Eligible employees, their spouses, dependents, parents and parents-in-law are all eligible to use this service **at no cost**.



866.799.2728

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

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