



Nothing is more important than the health of you and your loved ones—that's why Health Advocate offers our services to you, your spouse, dependents, parents and parents-in-law! We can help with a wide range of issues at every stage in life.

Starting life's journey

- Help couples smooth the transition to new parenthood
- Support for parenting issues from infancy through adolescence
- Counseling and stress management for couples and families
- Act as an ongoing resource for you and your growing family



Staying the course

- Guidance to strengthen relationships
- Support for burnout, coworker issues
- Coping strategies for life's challenges — job loss, work/life balance difficulties, financial setbacks, burnout
- Address stress, anxiety, depression, anger, grief, loss and substance abuse

Aging and retirement

- Counseling and support services to address caregiving stress, grief and transitioning to retirement
- Research child and eldercare facilities and resources
- Connect to financial/legal consultants



877.240.6863

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

HealthAdvocateSM