



# HealthAdvocate<sup>SM</sup>

# Step up your healthy

with our website and app

**Health Advocate's digital experience has the resources you need to improve your health and well-being.**

Health Advocate is available to employees, spouses/partners, dependents, parents and parents-in-law at no cost to you.

Through our website and mobile app, you can:



**Learn about your Health Advocate services** and the many ways we can help



**View important news alerts** and timely tips to improve your well-being



**Complete checklists** and take self-assessments to learn more about issues that impact you



**View resources** to help with life's concerns including legal issues, financial topics and more



**Quickly connect with a Health Advocate expert** through web message or email



**Explore webinars, online courses and articles** on a variety of emotional health topics



**Watch videos** to learn about all the ways Health Advocate can support you and your family



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