



Expert Help During the Holidays... and all year long!

While you're busy planning meals, buying presents and traveling, it's important to remember what matters most during the holiday season—good health and being with the ones you love.

Health Advocate is available throughout the year to help the entire family, including your parents and parents-in-law! Best of all, our services are confidential and available at no cost to you.

Our Licensed Professional Counselors and Work/Life Specialists can support a wide range of important issues.

In a crisis, help is available 24/7.

- Stress, anxiety and depression
- Family and parenting issues
- Relationship problems
- Anger; grief and loss
- Substance abuse
- Childcare and eldercare
- Financial and legal concerns

And much more

Turn to us—we can help.



877.240.6863

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!



We are not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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