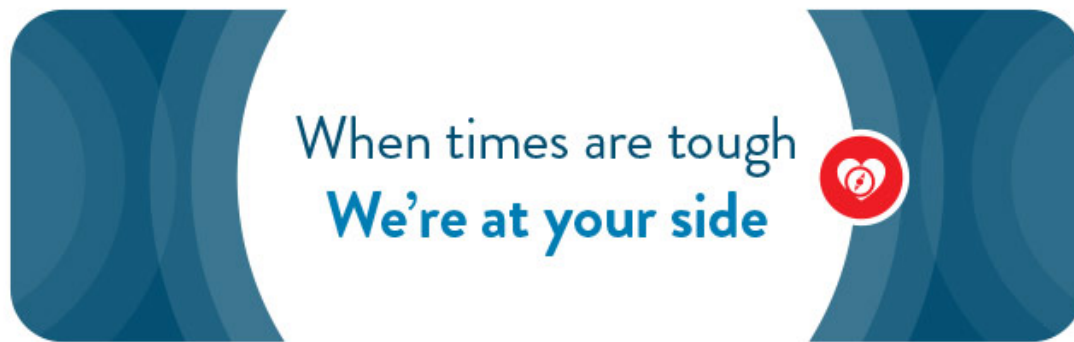


HealthAdvocateSM

Health Advocate is ready to support members concerned with the impact of the current conflict between Russia and Ukraine, especially those who have friends or family members serving in the military or living in Ukraine or potential conflict zones.

If you would like a digital flyer with this information, please email info@HealthAdvocate.com or call **866.799.2655**



The current conflict between Russia and Ukraine is of worldwide concern, and can be especially worrisome for those who have friends or family members serving in the military or living in Ukraine or potential conflict zones. Health Advocate is here to provide support and resources.

To get started, just call: **877.240.6863**

Emotional Support

- **Talk to an EAP Professional** for strategies to help you and your family cope with uncertainty
- **Help with anxiety**, stress, fear, how to talk with your kids
- **Tips to stay positive** and productive

Information and Resources

- **Connect** to military and civilian resources
- **Find** U.S. embassy locations
- **Access** local, state and federal agencies

Reminder: Visit the Health Advocate EAP+Work/Life website for resources and up-to-date information.

Turn to us. We can help. 877.240.6863

www.HealthAdvocate.com/members

[Click here](#) for our award-winning healthcare blog



WWe're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

HealthAdvocate™

Health Advocate
3043 Walton Rd.
Plymouth Meeting, PA
19462 US

We respect your right to privacy. [View](#) our policy.