

Exclusively for Health Advocate Members



866.799.2691
HealthAdvocate.com/members

Announcing

New Feature

Tobacco Cessation



We are pleased to announce the addition of the new Tobacco Cessation program to your Health Advocate benefit, at no cost to you. This new feature is designed to help you create and follow a personalized quit plan and provide ongoing support toward becoming tobacco-free.

Whether you smoke cigarettes or use other tobacco products, kicking the habit isn't easy. Now, you have unlimited access to your own personal Coach who can help you set up a plan that's right for you. You'll get support with every step toward quitting tobacco for good.

- 13 weeks of confidential coaching through telephone or email
- Identifies your health status, triggers and cravings
- Answers questions about nicotine replacement options
- Ongoing reminders and tip sheets
- Helps you quit to improve your health

We're your lifeline for Quitting Tobacco.
Call us at 866.799.2691

HealthAdvocate™
Always at your side

HealthAdvocate™ All-in-1 Benefit

Reminder

In addition to your new Tobacco Cessation program, your Health Advocate benefit offers you and your eligible family members five other important services. We'll help you access the right benefit, navigate healthcare and insurance-related issues, help you reach your health goals, and assist with a range of personal, family and work concerns. **All through the same toll-free number!**

Benefits Gateway

- **Single toll-free number** to access all your employee benefits
- Personal Health Advocate guides you to the right benefit
- Answers your benefits questions

Personal Health Information Dashboard

- **See all your health and wellness information** in one place
- Find opportunities to save money within your current benefits
- See alerts for recommended health screenings

Health Advocacy

- **Personal Health Advocate** addresses a range of healthcare and insurance-related issues
- Finds the right providers; schedules appointments
- Provides estimated costs of common medical procedures
- Secures second opinions
- Sorts out medical bills

Wellness Coaching

- **Personal Wellness Coach** offers ongoing, one-on-one help and motivation via telephone or email
- Identify health risks
- Online, self-guided programs for weight loss, fitness goals and more
- Track progress online
- MedChoice Support™ tool to compare medical options

EAP+Work/Life

- **Licensed Professional Counselor** offers confidential, short-term assistance
- Personal, work, family concerns
- Offers coping tips for stress, substance abuse, anxiety, parenting, etc.
- Refers you for in-depth, long-term help, if needed
- A work/life specialist can find support services for eldercare, childcare, legal, financial issues and more
- In a crisis, emergency help is available 24/7



Help is just a
phone call
away



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Go to: HealthAdvocate.com/members

Log on to review all your Health Advocate features: Benefits Gateway, Health Dashboard, Health Advocacy, Wellness, EAP+Work/Life and Tobacco Cessation.

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