Caring for you in all ways. Always.℠

Health Advocate is here to help you and your family with any health or well-being issues. You get access to experts who will do the work to ensure that you get the right information and assistance at the right time. We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.

Access confidential support for mental and emotional health needs

- Learn what counseling options are available and which type may work best for you
- Find long-term help from qualified professionals and treatment centers

Build skills to better cope with the challenges in your life

- Work through issues that impact your life and well-being, like relationship and family conflicts, stress, anxiety, depression, addiction, and more
- Develop a plan to feel happier, healthier, and more in control

Get resources to help you better balance work and life

- Access help with travel plans, event planning, making reservations, and other time-consuming tasks through our concierge service
- Speak with specialists for legal and financial issues; locate the right resources for help including childcare or eldercare

Get help anytime, anywhere online or through our mobile app

- Participate in digital cognitive behavioral therapy (dCBT) programs to improve your emotional health
- Explore webinars, online courses, and articles on a variety of mental and emotional health topics

866.799.2485
answers@HealthAdvocate.com
HealthAdvocate.com/DexterEAP

Registration code: DEXTEREAP

Call • Email • Message • Live Chat

HealthAdvocate℠

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