Caring for you in all ways. Always.℠



Health Advocate is here to support you, your spouse/partner, dependents, parents, and parents-in-law with mental health needs and the challenges of balancing work and life. From stress and burnout to supporting a loved one, our experts connect you to the right help—quickly and confidentially.

Learn what types of counseling may work best for you
and what counseling options are available to you

Get help from counselors and other professionals
to address stress, family and relationship issues, and more

Start a Digital Cognitive Behavioral Health program
to improve your emotional health and well-being

Get personalized guidance from a financial specialist
to help you manage money, save more, or reduce debt

Let our concierge service help with time-consuming tasks
like making travel or event plans, reservations, and more

Access online resources in our Financial Fitness Center
like cost calculators, tutorials, and more

Have us negotiate medical and dental bills*
We'll do the legwork to save you money!

**Applies to non-covered medical and dental bills over $400. Health Advocate will attempt to negotiate with providers on claim balances where allowed by states. Best attempts to reduce balances are made, but specific percentage results are not guaranteed.*

Call • Email • Message • Live Chat

HealthAdvocate℠

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