

## Your mobile app is now available!

Free • Convenient • On-the-Go Help

- Review Member Benefits
- Confidential support from Licensed Professional Counselors for personal, family and work issues
- Work/Life Services locates the right help with childcare/eldercare, legal/financial, relocation and more
- One-Touch Calling: Talk to a Licensed Professional Counselor
- **Quick Email Contact:** Ask a question or address an issue
- 24/7 EAP+Work/Life Website
  - · View EAP+Work/Life Orientation Video
  - Enhance your skills with Online Trainings
  - View our Webinars
  - Take Health and Well-being Assessments
  - · Browse topics from caregiving to retirement planning
  - Access calculators for budgeting, loans, college, etc.

Remember, Health Advocate is available to employees, spouse/domestic partner, dependent children to age 26, and all household members at no cost.





