

# Caring for you in all ways. Always.<sup>SM</sup>

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.



## Get help and guidance from a Wellness Coach

- Stay on track with your well-being goals by developing a wellness plan and scheduling check-ins with your coach
- Connect with our coaches by phone, online or through our app

## Gain insight into your well-being and discover what's important to you

- Access tools and resources to help you be connected, balanced, well and successful
- Complete your Personal Health Profile to learn how your lifestyle may be affecting your health

## Build healthy habits, learn new skills, and increase self-confidence

- Explore personal pathways to take action for improved well-being
- Jump-start healthy changes with interactive challenges and trackers

## Boost your well-being knowledge at your own pace

- Participate in online workshops; try delicious recipes and meal plans
- View articles, videos and more in our Learning Center about virtually every health and well-being topic



**866.611.8379**

answers@HealthAdvocate.com  
HealthAdvocate.com/SBCounty

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