Access online help that's smart with heart

Health Advocate's digital experience has the resources you need to improve your health and well-being.
Through our website and mobile app, you can:

- **Learn about your Health Advocate services** and the many ways we can help
- **View important news alerts** and timely tips to improve your well-being
- **Complete checklists** and take self-assessments to learn more about issues that impact you
- **View resources** to help with life's challenges, including legal issues, financial topics, and more
- **Quickly connect with a Health Advocate expert** through chat, web message or email
- **Request help** to get the mental health support that fits your needs, including in-person counseling
- **Explore webinars, online courses, and articles** on a variety of emotional health topics

Get started today!

Log in or register with the steps below:

1. Visit the website or download the mobile app
2. Click "Register Now"
3. Enter the required information, confirm your registration, and then log in

866.799.2728
answers@HealthAdvocate.com
HealthAdvocate.com/ceha

Registration code: SMJSELW

Call • Email • Message • Live Chat

HealthAdvocate℠

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