Focus on your mental health from anywhere!

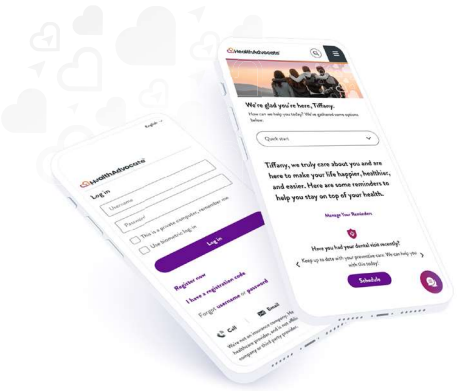
Explore our virtual therapy program

Health Advocate partners with Tava Health to expand access to virtual therapy through their national network of licensed professional therapists. Through our website or app, you can easily locate mental health providers and self-schedule appointments online.

Review and choose a provider based on your specific needs from a national network

Schedule your appointment at a time that is convenient for you

Your information is kept confidential within a HIPAA-secure platform



Getting started is easy

1. Log on to our app or the website address listed below and select **EAP: Life & Work.**
2. Scroll to **Connect to virtual therapy** and select **Begin here**
3. Follow the prompts to create your account
4. Enter your **health insurance information** and provide a credit card to be kept on record in case of a missed appointment or late cancellation.
5. Complete your **virtual assessment**
6. Indicate your **therapist preferences and schedule an appointment**

Caring for you in all ways. Always.℠

Our **EAP professionals** are available **24/7** by phone if you need to speak to someone right away. Additionally, we can answer your questions about therapy options and help guide you to the best counseling option for you.

866.799.2728

answers@healthadvocate.com

www.HealthAdvocate.com/ceha

Registration code: SMJSELW

Call • Email • Message • Live Chat

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