

# Struggling with **personal, financial, or legal issues?**

Everyday issues can be complicated and disruptive. It helps to talk to someone who can ease your worry and help you get back on track. Your Health Advocate benefit, paid by your employer or plan sponsor, offers confidential Licensed Professional Counselors, as well as legal and financial experts who will listen to your issues and offer practical strategies. Consulting with our dedicated professionals can give you greater peace of mind.

## Talk to a Licensed Professional Counselor

1-8, one-hour sessions, in person or via phone.\* Get help with:

- Anxiety, depression, anger, burnout, grief, loss
- Marital, parenting, relationship issues
- Substance abuse, gambling, other dependencies

## Talk to a certified Financial Specialist

Half-hour phone or in-person consultation per financial issue; unlimited issues. Get help with:

- Debt management, credit issues, budgeting, saving, bankruptcy
- College/retirement planning, home refinancing

## Talk to an independent Legal Attorney

Half-hour phone or in-person consultation, with 25% discount on standard fees if retained. Get help with:

- Criminal law, general/civil law
- Personal/family law, adoption, divorce, child custody
- Elder law, estate planning, healthcare directives
- Real estate, tax/IRS matters, motor vehicle law



**Talk to a Work/Life Specialist** to find the right resources including childcare, eldercare, summer camps, special needs programs and more!



**Quick Online Resources**

- Articles, tools, videos on mental/physical health, financial, legal and other topics
- Calculators for loans, debt consolidation
- Forms for taxes or wills
- Webinars on retirement planning and other topics



**877-583-8787**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

Download the app today!



\*times may vary

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