During times of uncertainty, know that Health Advocate is here for you

COVID-19 has greatly disrupted life as we know it. As you adapt to the new normal you may have questions about your health, insurance and benefits, and the return to work policies and COVID resources through your employer. Our experts can resolve a wide range of COVID-19, healthcare and administrative issues so you can get the answers and support you need. **We can:**

Provide clinical guidance

- **Conduct a detailed health intake** and discuss symptoms
- **Guide you to the appropriate care** based on symptoms and health status
- **Explain COVID-19 and antibody testing** options and how tests are performed
- **Help you weigh care decisions** and coordinate services for COVID-19 and other health conditions

Offer emotional support

- **Discuss emotional well-being,** anxiety and depression
- **Provide tips to find balance** if you're working from home or putting in extra shifts as an essential worker
- **Help find ways to help you** reduce stress, relax and cope

Educate you on benefits and workplace policies

- **Guide you** through employer-provided COVID-19 benefits and resources
- **Answer questions** about attendance and sick policies
- **Help you understand your health benefits** and out-of-pocket costs
- **Review mental health resources** available through your employer

Locate the resources you need

- **Find providers** including primary care physicians and telehealth
- **Research testing** availability and locations
- **Connect you to resources** including disability and absence management
- **Inform you about unemployment** and explain how to apply

Keep you informed and up-to-date

- **Review guidelines from the CDC** and state and local health departments
- **Share preventive measures** and tips for staying well
- **Provide educational materials** and health information

We're always by your side

Our services are available at no cost to employees, their spouses, dependents, parents and parents-in-law.

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HealthAdvocate℠