

# Access online help that is 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 concerns including legal issues, financial topics and more



**Quickly connect with a Health Advocate expert** through web message or email



**Explore webinars, online courses and articles** on a variety of emotional health topics



**Watch videos** to learn about all the ways Health Advocate can support you and your family

## Each quarter, we're giving away gift cards to three lucky members!

Winners can choose either an Amazon, Apple, or Google Play \$250 gift card.

Enter the raffle online or through our mobile app for a chance to win.



### 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](mailto:answers@HealthAdvocate.com)

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

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