

## Compassionate support, delivered with heart

Upper Merion Area School District is partnering with Health Advocate to give you access to personalized expert care and support to take control of your health and well-being. Their advocates will work one-on-one with you to guide you to the right resources and answer your questions, giving you peace of mind that you're on the right track. They're here for you for any issue, start to finish, every time. No issue is too complex.

### Health Advocate can help you:

- Identify **emotional and mental health concerns** and find strategies to cope
- **Understand your options for counseling (phone, virtual or in-person)** and connect you with professionals for your specific needs
- **Work through issues** impacting your life and well-being
- **Get guidance from specialists** for help with work/life balance, and legal and financial issues
- **Locate the right resources to help you better balance work and life**, such as childcare and eldercare
- **Find long-term help** from qualified professionals and treatment centers

### Your go-to resource, anytime, anywhere

Connecting with Health Advocate is easiest online or through the mobile app. You can quickly chat with an advocate, access tools and resources for better health, and learn all about your Health Advocate services and they many ways they support your well-being.

**Call • Email • Message • Live Chat**



**866.799.2728**

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

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



### Health Advocate supports the whole family

Health Advocate services are available to you, your spouse, dependents, parents, and parents-in-law.

**We care about our employees and feel confident that Health Advocate is the best partner to help you and your family.** At the heart of their service is conversations with compassionate, knowledgeable advocates whose goal is to make your life happier, healthier, and easier.

Sincerely,

Upper Merion Area School District