



## We support the whole family

Nothing is more important than the health of you and your loved ones—that's why Health Advocate offers our services to you, your spouse, dependents, parents and parents-in-law! We can help with a wide range of issues at every stage in life.

### Starting life's journey

- Find the right doctors, including pediatricians, specialists, hospitals and facilities
- Understand insurance coverage options for adult children over 26
- Counseling and stress management for couples and families
- Act as an ongoing resource for you and your growing family



### Staying the course

- Explain health conditions, diagnoses and treatments; research treatment options
- Understand how your benefits work and clarify copays and deductibles
- Coping strategies for life's challenges — job loss, work/life balance difficulties, financial setbacks, burnout
- Address stress, anxiety, depression, anger, grief, loss and substance abuse

### Aging and retirement

- Guide the transition from traditional insurance to Medicare; locate supplemental insurance options
- Arrange doctor appointments, including with hard-to-reach specialists, and transportation services
- Research child and eldercare facilities and resources
- Connect to financial/legal consultants



**HealthAdvocate<sup>SM</sup>**

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