



# HealthAdvocate<sup>SM</sup>


# Step up your healthy

with our website and app


**Health Advocate's digital experience has the resources you need to improve your health and well-being.**


Health Advocate is available to employees, spouses/partners, dependents, parents and parents-in-law at no cost to you.


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

 **Use our Symptom Checker** for information about a variety of conditions to help you decide when you should call the doctor and what you can do at home

 **Quickly connect with a Health Advocate expert** through live chat, one-touch calling, web message or email

 **Open a case for our experts to assist you**, check the status of your cases and direct message the expert working on your issue

 **Access a Medical Visit Checklist** so you know what questions to ask your doctor at your next appointment



## 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



**866-695-8622**

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



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

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