



HealthAdvocateSM


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


 **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 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

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

 **Access a digital cognitive behavioral therapy (dCBT)** program to help improve your emotional fitness

Plus, enter for a chance to win a Fitbit Charge 4!



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

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/cseba

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