



We make healthcare easier



Health Advocate offers a unique level of healthcare, insurance and well-being support to help you reach your best health. Our experts will do the work to ensure that you get the right information and assistance at the right time. Our services are completely confidential and available to you, your spouse, dependents, parents and parents-in-law at no cost.

Take the hassle out of healthcare

- Explain health conditions, diagnoses and treatments; research treatment options; find the right in-network doctors
- Answer questions so you can make the right choices for your care; arrange second opinions; resolve claims and billing issues

Confidential support for personal problems

- Work through relationship and financial/legal issues, stress, depression, substance abuse; build coping skills and gain control of your life
- Get practical strategies and work/life resources to make life easier and find balance; locate childcare, eldercare, and other resources

Make lasting changes for better mental health

- Access an online digital cognitive behavioral therapy (dCBT) program to help build skills to improve mental health
- Participate in modules such as social anxiety, anger management, low self-esteem and more

Outsource your to-do list to us

- Personal concierge to locate services such as auto repair/maintenance, pet care, cleaning services and contractors
- Get help with negotiating non-covered medical or dental bills over \$400*

*Health Advocate will attempt to negotiate with providers on claim balances where allowed by states. Best attempts to reduce balances are made, but specific percentage results are not guaranteed. If negotiations are successful, we share in a percentage of the savings; if not, you pay nothing.



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California Schools JPA

RISK MANAGEMENT | EMPLOYEE BENEFITS

HealthAdvocateSM