



Caring for you in all ways. Always.SM

At Health Advocate, we're here to help you and your family with any health or well-being issues. Our services are provided to you by your employer. Just call, tap, or click to reach us and receive confidential, personalized support from our caring team.





Expert help, delivered with heart

Get one-on-one support from our advocates for health and well-being issues. Our goal is to make your life happier, healthier, and easier.

We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.

Connect with us to:



Figure out what type of counseling may work best for you and what counseling options are available to you: telephone, virtual or in-person.



Build skills to address a variety of **emotional and mental health needs**, and develop a plan to feel more in control



Locate the right resources to help you **better balance work and life** such as childcare, eldercare and more



Find long-term help from qualified professionals and treatment centers



Get guidance from specialists for help with **legal and financial issues**



Get help with travel plans, event planning, reservations, and other time-consuming tasks through our **concierge service**

Access online help that's smart with heart



Our website and mobile app provide another layer of support you can access anytime, anywhere.



Learn about your **Health Advocate services** and the many ways we can help you



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



Access the Financial Fitness Center for **tutorials, calculators, and other financial wellness resources**



Visit the Personalized Legal Center for **general information and tools about legal matters**



Participate in **digital cognitive behavioral therapy (dCBT)** programs to improve your emotional health



Caring support for the whole family

Our services are available to you, your spouse/partner, dependents, parents, and parents-in-law.



I love Health Advocate!

I am so grateful my company offers it and I recommend it to everyone. **Every call gets me or my family the support we need and more.**

We're here 24/7

Get the support you need, right when you need it, so you can be healthy and do the things you love. **We can help you in any language.**

877.240.6863

answers@HealthAdvocate.com

HealthAdvocate.com/udel

Registration code: UDELAWARE

Call • Email • Message • Live Chat 

Scan Me



We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third-party provider.

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Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.