



Health Advocate

- Health Advocacy & Navigation
- Clinical Care Management
- Mental Health & Work/Life
- Wellness & Coaching
- Health Screenings & Vaccinations

Health Advocate provides CMU’s Employee Assistance Program (EAP) services, which provides resources to help with personal, legal, financial, work and family issues. But did you know Health Advocate also provides a wealth of well-being and healthcare resources?

Check out the employee portal!

Here, you can find activity trackers, pathways, challenges, and workshops to earn rewards points.

Log on to your Health Advocate account, click on **Well-Being** to view learning pillars and resources available.

Personalized healthcare expertise to:

- Aid in claims and billing issues
- Arrange second opinion consultation
- Make appointments
- Provide medical decision support
- Treatment options, symptom checker, and more!

Need help with your health plans?

The Health Advocate team can:

- Review and explain your benefit coverage and options
- Explain differences between PPO and HDHP plans
- Explain out-of-pocket costs
- Locate in-network providers
- Compare prescription costs, and more!

Connect with a Well-Being Coach!

Speak with a personal coach if you’re ready to make a change or have questions about how you can achieve your well-being goals.

Schedule a coaching call or sign up for a targeted coaching program where you can focus on health education, stress management, physical activity, or weight loss.



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