Help for better mental health

Health Advocate gives you access to Personal Health Advocates who will compassionately and confidentially get you the help and information you need, and guide you to providers who specialize in depression, anxiety, neurological diagnosis, substance use and more.

How We Help

- Clarify benefits and coverage; explain your share of the costs
- Find in-network doctors, psychologists, psychiatrists and other who specialize in the issues important to you
- Arrange appointments and transfer records
- Identify both inpatient and outpatient treatment, programs and other specialized facilities
- Address insurance issues, help obtain approvals for services
- Understand prescription coverage and answer questions about medications
- Coordinate second opinions and other aspects of your care
- Locate clinical trials
- Find support groups and community resources

It’s for the whole family.

Eligible employees, their spouses, dependents, parents and parents-in-law are all eligible to use this service at no cost.

866.695.8622
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/NYU