•EAP:

Unlimited free telephonic consultation with an EAP counselor available 24/7

Referrals to local counselors – up to three sessions per issue per person free of charge

Online Resources

Visit www.healthadvocate.com/standard3 to explore a wealth of information online, including videos, guides, articles, webinars, resources, self- assessments, and calculators.

Other wellness benefits:

Through our partnership with Health Designs, there are many different activities and components to participate in throughout the year to support your personal health goals and maintain momentum for healthy behavior change!

Telephonic Health Coaching

Our coach’s role is to provide accountability, encouragement, and one-on-one support to create and sustain consistent, and even dramatic, change in your life using our intrinsic methodology, SMART goals, and other strategies. Topics may include physical, emotional, social and intellectual wellness.

Plans for Wellness

Plans for Wellness provide actionable steps for users to meet their target health goals in a way that’s clear and easy to manage. These plans are personalized based on each person’s HRA or biometric screening results and are displayed on their dashboard or can be accessed through their HRA results.

Engagement Rx Health and Wellbeing Courses

ERX is utilized to support telephonic coaching by utilizing a cognitive approach to video training that inspires behavioral change for wellness and eliminates key emotional and psychological drivers that perpetuate unhealthy habits. ERX offers an extensive library of video training sessions to encourage healthy habits, such as stress management, sleep improvement, smoking cessation, nutrition, and more.

Burnalong

Burnalong offers live and on-demand classes across 60+ wellness categories, including fitness and holistic health.

LifeSpeak

LifeSpeak provides instant access to expert, video-based advice on a wide range of topics, from physical and mental health, to relationships, financial health, parenting, and caregiving. Users can view video transcripts, download audio and tip sheets, and share videos through email with friends and family members.

Healthwise

Healthwise is a science- based, health education platform that provides a robust health content library consisting of information on specific conditions, life stages, and other wellness topics. Medically-reviewed articles ensure members receive accurate and up-to-date information, while providing guidance on behavior changes and health solutions.

Virtual Challenges

On-demand challenges are available to support many different behaviors including tracking steps, hydration, stress reduction and boosting nutrition. These challenges vary in length and cultivate healthy competition while encouraging positive lifestyle behaviors. Not only do you get to choose your challenge, but you also get to choose when you complete it! These challenges are open year-round so pick what’s best for you!