



**Caring for you
in all ways. Always.SM**

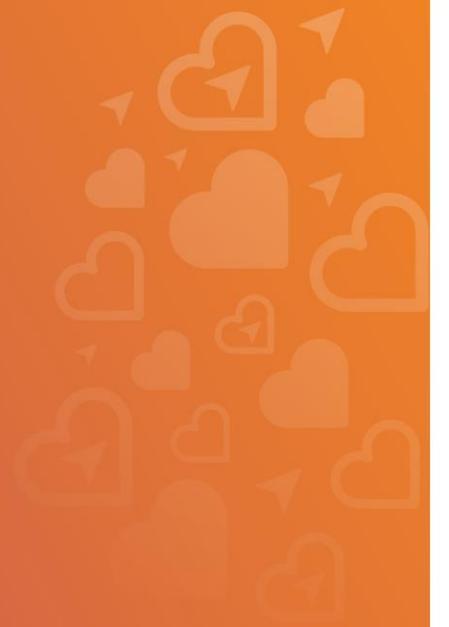
Welcome

Moravian University



Life & Emotional Health (EAP)

Confidential Employee Assistance Program
for help with personal and work/life issues



Important notes about our service



Health Advocate does not replace health insurance



Health Advocate does not provide medical care or recommended treatment

Private and confidential



We protect your privacy



We fully comply with the federal Health Insurance Portability and Accountability Act (HIPAA)



All health information is kept strictly confidential

EMPOWER

Life & Emotional Health (EAP)



Personalized 1:1 Therapy

Phone, Virtual,
In-Person up to 5
sessions



Life Event Support

Legal, Financial,
Eldercare, Childcare,
Relationship



Management Assistance Program

Unlimited leadership
consults



Disruptive Event Management

React and respond
quickly to a crisis

Confidential 24/7 Support • 250+ Languages • HIPAA-Compliant

Life & Emotional Health (EAP)



Identify the counseling options that meet your unique needs and explore your available options



Develop a plan to feel more in control

- **Build skills** to address a variety of emotional and mental health needs
- **Get guidance from specialists** for help with legal and financial issues
- **Locate the right resources** to help you better balance work and life, such as childcare, eldercare and more

Confidential support for mental health concerns

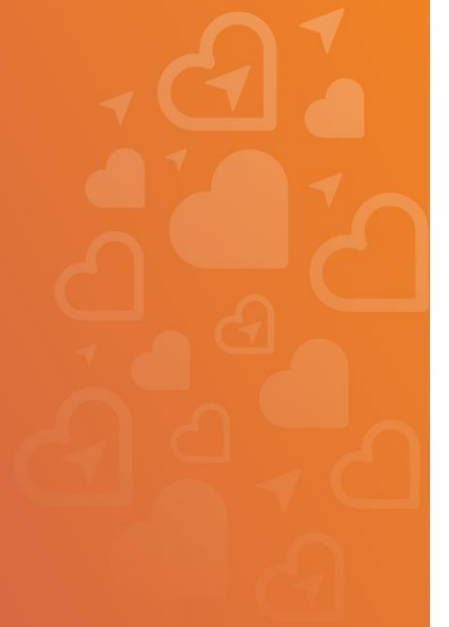


- **Stress**
- **Anxiety**
- **Depression**
- **Marriage**
- **Family & parenting**
- **Relationships**
- **Burnout**
- **Coping**
- **Substance abuse & addiction**
- **Grief & loss**

You can call Health Advocate 24/7 for guidance and resources.

If you are in imminent danger, call 911

Balancing work/life



Support to balance work/life



Eldercare



Life transitions



Parenting, Childcare



Grief & Loss



Identity Theft



Relationship Issues



Stress, anxiety,
depression



Substance abuse



Financial
Issues



Legal
Issues



Legal Services

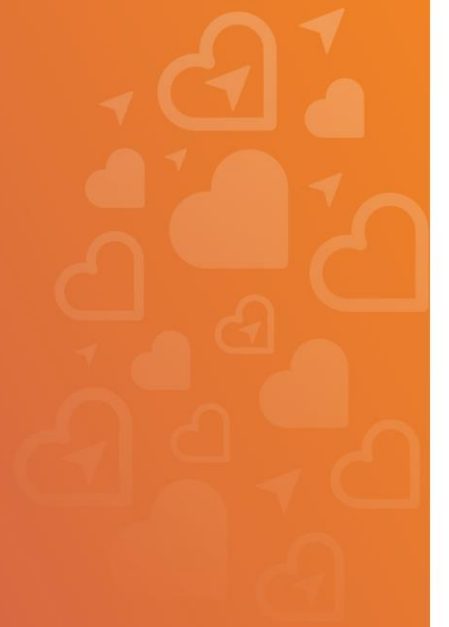
- Criminal law
- General/civil law
- Domestic/family law
- Elder law
- Separation/Divorce
- Real estate
- Tax and IRS matters
- Motor vehicle law
- Estate planning
- Child custody



Financial Services

- Credit management
- Debt counseling
- Budgeting
- Restoring credit
- Identity theft
- Home refinancing
- Student loans
- Retirement planning
- Divorce

Digital Cognitive Behavioral Therapy



Digital Cognitive Behavioral Therapy (dCBT)

Online modules, resources, and daily inspiration to help improve your mental health



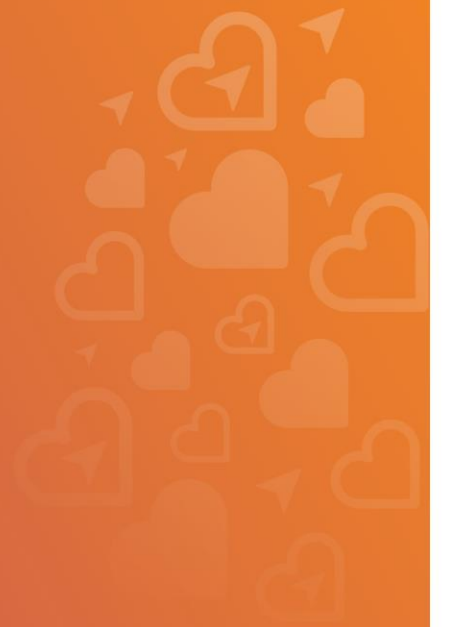
How it works

Modules guide you through steps to build skills and better cope with issues

- Thought journals
- Problem-solving worksheets
- Daily emotional health tracker

Management and Organization Support

Expert guidance for managers and supervisors



Management Assistance Program

Leadership
Awareness
Training

Leadership
Referrals

Consultations



We help you decide if a referral to the EAP is appropriate, and if so, manage the case until the situation is resolved:

Informal Supervisory Suggested Referral

Management Referral for Fitness For Duty or Threats of Harm

Mandatory Management Referral



Disruptive Event Management Services (DEM)

Quickly respond and provide caring, reassuring resources for your organization during a crisis and create a safe work environment

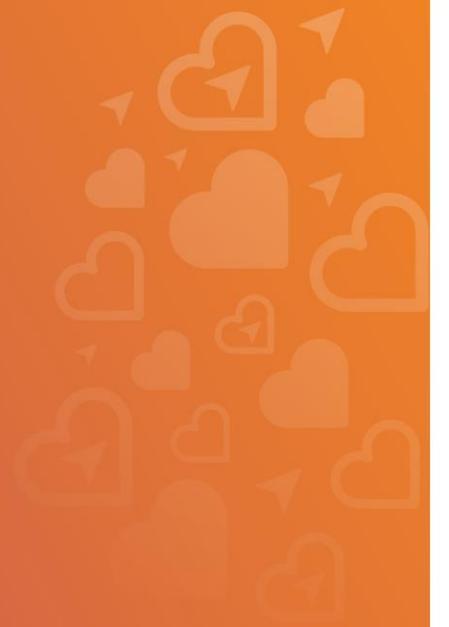


24/7 Support • 250+ Languages • HIPAA-Compliant



Financial Wellness

Online resources and live support
for help with a wide range of financial issues



Financial Wellness

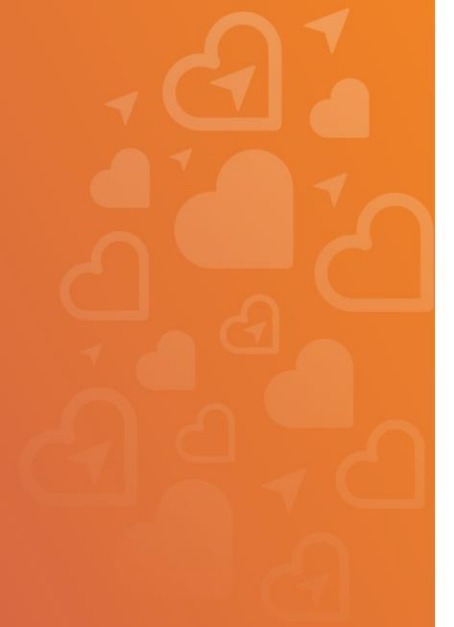


Stay on top of your financial health

- **Calculators** for car loans, credit payoff, mortgages, taxes, investments, savings, and retirement
- **Articles and webinars** on dozens of financial, legal, and insurance topics
- **Downloadable forms** for taxes, wills, personal finance, and other financial matters
- **Financial Fitness Center** – View over 200 online tutorials to help you make sound money decisions!

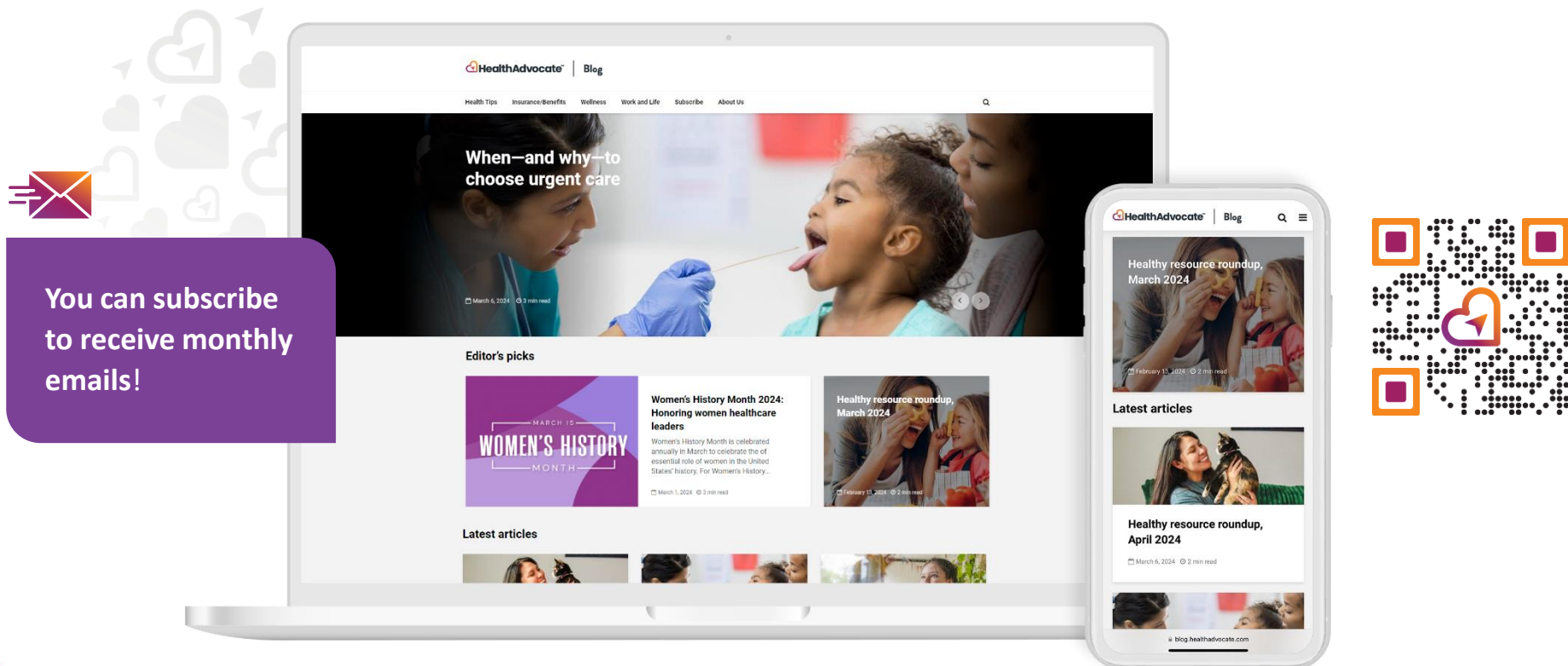
Health Advocate Blog

Information to help
you live well, find balance, and more!



Visit the blog!

An extensive collection of timely articles viewable on desktop and mobile devices



Visit: blog.HealthAdvocate.com

Don't forget to register today!

Easy access to your Health Advocate resources



Register today on the website and/or mobile app

1. Go online or download the mobile app by scanning the QR code
2. Enter the required information, confirm your registration, and then log in

Phone: 877-240-6863 | **Email:** answers@HealthAdvocate.com

Website: HealthAdvocate.com/moravianuniversity

Hours of Operation

Health Advocate is available 24/7. Normal business hours are Monday - Friday from 8 AM to 10 PM, Eastern Time. Staff is available for assistance after hours and on weekends.

Registration code:
BDMLV4D

Thank You!

Jane Morales
Client Success Executive
215.740.7692
jmorales@HealthAdvocate.com

