Caring for you in all ways. Always.℠

Health Advocate is here to help you and your family with any health or well-being issues. You get access to experts who will do the work to ensure that you get the right information and assistance at the right time. 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.

Save time, money, and worry
- Understand your coverage for medical, dental and vision services; know your deductibles, and copays
- Get help resolving claims and billing issues, check that your out-of-pocket costs are correct

Expert support when you need it most
- Understand health conditions, diagnoses, and treatments; explore the latest treatment options
- Work through issues that impact your life and well-being, like relationship and family conflicts, stress, anxiety, depression, substance abuse, and more

Access confidential support for mental and emotional health needs
- Learn what counseling options are available and which type may work best for you
- Find long-term help from qualified professionals and treatment centers

Get help anytime, anywhere online or through our mobile app
- Quickly connect with an advocate in real time through chat
- Explore webinars, online courses, and articles on a variety of mental and emotional health topics

---

University of Pennsylvania Non-Discrimination Statement
The University of Pennsylvania values diversity and seeks talented students, faculty and staff with diverse backgrounds, experiences, and perspectives. The University of Pennsylvania does not discriminate on the basis of race, color, sex, sexual orientation, gender identity, religion, creed, national or ethnic origin, citizenship status, age, disability, veteran status or any other legally protected class status in the administration of its admissions, financial aid, educational or athletic programs, or other University administered programs or in its employment practices. Questions or complaints regarding this policy should be directed to the Executive Director of the Office of Affirmative Action and Equal Opportunity Programs, 3451 Walnut Street, Franklin Building, Room 421, Philadelphia, PA 19104, or 215-898-6993 (Voice) or 215-898-7803 (TDD).

Plan Governance
The selected benefit highlights in this brochure are based on Plan documents that govern the operation of the Plans. If there is any conflict between the information presented here and the information in the Plan documents, the Plan documents always govern and are the controlling legal documents. Benefits descriptions are not terms of employment, nor are they intended to establish a contract between the University and its faculty and staff. Plan documents are available for inspection in the Benefits Office. Copies are available for a small copy fee. The University reserves the right to change, amend, or terminate any of its Benefit Plans for any reason at any time.

---

866.799.2329
Schedule an EAP appointment through Penn Cobalt
answers@healthadvocate.com
HealthAdvocate.com/upenn

Call • Email • Message • Live Chat

We’re not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2024 Health Advocate  HA-ACM-2401104-6FLY