Life has its ups and downs. We’re here for it all.

Your Penn Employee Assistance Program

Penn
University of Pennsylvania

Health Advocate™
Balancing your own needs with those of your family, work and relationships isn’t always easy.

With Penn’s Employee Assistance Program, Health Advocate’s Licensed Professional Counselors and Work/Life Specialists are standing by to help – so you can quickly get back on track.

All at no cost to you.

Easy Access, 24/7
Confidential counseling is available by phone, email, text and video for help with:

- Stress, anxiety, depression, grief and loss
- Substance abuse (alcohol, illegal and prescription drugs)
- Work/life balance including finding childcare and eldercare
- Legal and financial issues
- Relationship, job and family changes

Help for you and your family
Benefits-eligible Penn faculty and staff—as well as your spouses, dependents, parents and parents-in-law—may all use your Health Advocate benefit.

866.799.2329
eapinfo@HealthAdvocate.com
HealthAdvocate.com/upenn

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Plan Governance
The selected benefit highlights in this mailer 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 PennChoice Benefit Plans for any reason at any time.

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