

# We support the whole family



Nothing is more important than the health of you and your loved ones—that's why Health Advocate offers our services to you, your spouse, dependents, parents and parents-in-law! We can help with a wide range of issues at every stage in life.

## Starting life's journey

- Help couples smooth the transition to new parenthood
- Support for parenting issues from infancy through adolescence
- Counseling and stress management for couples and families
- Act as an ongoing resource for you and your growing family



## Staying the course

- Guidance to strengthen relationships
- Support for burnout, coworker issues
- Coping strategies for life's challenges — job loss, work/life balance difficulties, financial setbacks
- Address stress, anxiety, depression, anger, grief, loss and substance abuse

## Aging and retirement

- Counseling and support services to address caregiving stress, grief and transitioning to retirement
- Research child and eldercare facilities and resources
- Connect to financial/legal consultants



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