

Focus on your mental health  
from anywhere!

# Explore our virtual therapy program



Health Advocate has partnered with Tava Health to provide expanded access to virtual therapy through their network of licensed professional therapists. Through our website or app, you can conveniently locate mental health providers and self-schedule appointments online.



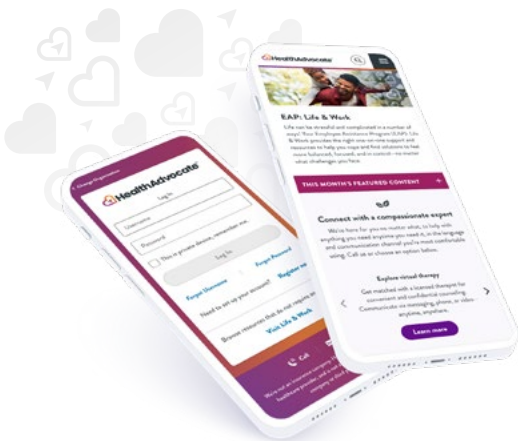
Review and choose a provider based on your specific needs from a national therapy network



Schedule your appointment at a time that is convenient for you



Your information will be kept confidential within a HIPAA-secure platform



## Getting started is easy

1. Log on to our website or app [HealthAdvocate.com/members](https://HealthAdvocate.com/members)
2. Select EAP: Life & Work
3. Scroll to Get the help you need virtually and select Learn more
4. Complete your virtual assessment through Tava
5. Indicate your therapist preferences, and schedule an appointment

Scan Me



## Caring for you in all ways. Always. <sup>SM</sup>

Our **EAP professionals** are available **24/7** if you need to speak to someone right away. Additionally, we can answer your questions about therapy options and help guide you to the best counseling option for you.

Call • Email • Message • Live Chat