

Exclusively for Urbana University Students

Health**Advocate**<sup>™</sup>

# Get Started

## Welcome to Your All-in-1 Health Advocate Benefit

Your comprehensive Health Advocate benefit supports you and your eligible dependents with a wide range of issues—all at no cost to you. Our experts can offer trusted advice 24/7 and assist with balancing school and personal responsibilities. We look forward to serving you!



### Feature 1

## NurseLine<sup>™</sup>

With NurseLine, you and your family have unlimited access to a Registered Nurse anytime, day or night. You can rest easy, knowing there's somewhere to turn for trusted advice when you need it most.

Our experienced nurses are available 24/7 to:

- Offer self-care information for non-urgent health issues
- Direct you to the appropriate care for immediate attention
- Explain health conditions and treatments
- Answer questions about symptoms or medications
- Recommend how to treat a fever in the middle of the night
- Tell you if your symptoms mean you have the flu
- Advise how to ease common problems like a sore shoulder
- Inform you of side effects of your medications

## Help is Only a Phone Call Away

24/7  
Support

1-866-799-2670

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)



**HealthAdvocate<sup>™</sup>**  
Always at your side

# Getting Started: Your Health Advocate Benefit

## Feature 2

### Student Assistance Program

Health Advocate will provide you with the right tools to help you through some of life's toughest challenges. Students can call Health Advocate's toll-free number for confidential, short-term professional assistance, focusing on coping skills for a full range of emotional, family and other personal issues.

A Licensed Professional Counselor will:

- Provide confidential, short-term, telephonic counseling
- Offer referrals for long-term counseling or specialized care, as needed
- Address stress, depression, family issues, substance abuse and more
- Provide assistance with budgeting and other financial concerns
- Research child care and eldercare resources
- Be available via telephone 24/7 in a crisis

**Online Resources** such as articles, tip sheets, and online courses are also available.

**Remember...**

*Call 911 or go to the ER in an emergency.*

## Help is Only a Phone Call Away

The Health Advocate benefit assists the student as well as any dependents. Services are free and confidential, and are available online or by phone.



1-866-799-2670



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)



**HealthAdvocate™**  
Always at your side