



# HealthAdvocate EAP

**MedMutual Life coverage available to COSE Benefit Plan groups includes access to an employee assistance program (EAP) at no additional cost for all COSE Benefit Plan groups that have elected life coverage. The EAP is administered by HealthAdvocate, which provides 24/7 confidential and personal support for employees and their families for everyday challenges. This can include assistance with legal problems, life transitions, substance abuse and more.**

Access to the EAP plan is unlimited for short-term support. Upon determination of the level of care needed, trained clinicians may refer the member to an in-network professional for long-term care.

You can access your account on HealthAdvocate's website. For help logging in, see the reverse side of this flyer.

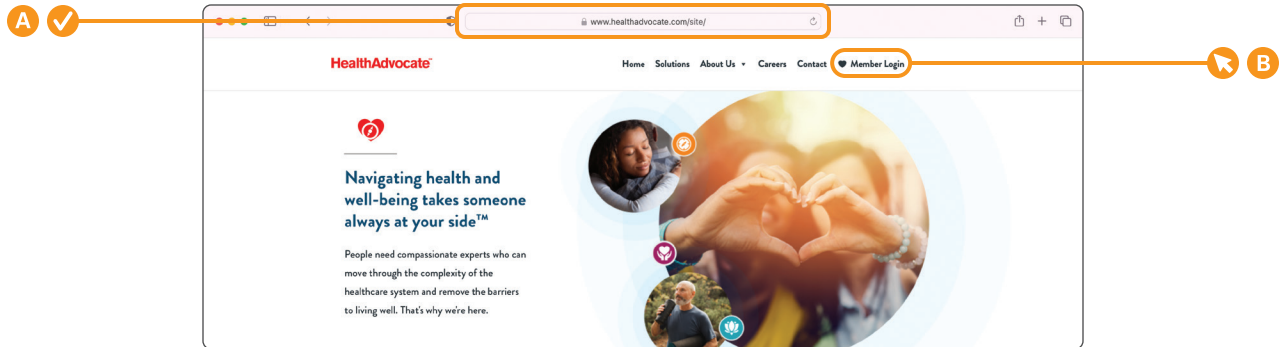
## **For More Information**

Call HealthAdvocate's toll-free number to reach a specialist who can assist you at 1-877-240-6863. You can also visit [HealthAdvocate.com/Members](https://HealthAdvocate.com/Members) to view helpful articles, resources and informative webinars.

## Need Help Logging in?

If you have coverage through HealthAdvocate and need assistance logging in to your account, follow the steps below:

- A Visit [HealthAdvocate.com](https://www.healthadvocate.com)
- B In the top right corner, click Member Login



- C You will be directed to enter the name of your organization.
  - For COSE Benefit Plan members, type "MedMutual Life— Council of Smaller Enterprises"
- D Click Go



- E From there, you will enter the site and begin your experience exploring important features and accessing tools for the support you need.

