



In our members' words

"You took away so many of my worries.
Thank you for your expertise, empathy and
compassion. It made all the difference."

Learn more about your
Health Advocate services.
Scan to visit the CSEBA
Benefits website.



866.799.2728

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/cseba

We're here when you need us most

Your Health Advocate Employee Assistance Program can be accessed 24/7/365. For all other services, our regular business hours are Monday through Friday, 8 AM to 10 PM Eastern Time. After-hours and weekend calls are handled by our backup call center. Cases started off-hours are sent to Health Advocate for resolution during normal business hours.

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We're not an insurance company

Health Advocate is not a direct medical care provider and is not affiliated with any insurance company or third party provider.

Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.



Employee Assistance Program

Your well-being
is important
We're here to help

Your employer has partnered with Health Advocate to offer you personalized support to find balance and gain control during life's challenges, all at no cost to you! **This guide contains an overview of your Employee Assistance Program and the many ways we can help.**



California Schools JPA™

RISK MANAGEMENT | EMPLOYEE BENEFITS

HealthAdvocate™



Life has its challenges... we're here to help

Your **Employee Assistance Program (EAP)** offers confidential support from EAP Professionals, who can help you work through personal, family or work issues to feel more balanced and productive. Support is available **via phone, text, chat, video or face-to-face**.

We'll help you:



Identify **emotional and mental health issues** and **strategies to cope**



Build skills to address a variety of **emotional well-being** needs



Locate the right support resources such as **childcare, eldercare and more**



Connect with specialists for help with **work/life balance, legal and financial issues**



Access more **long-term help** from a qualified professional, if needed



Research travel, plan events, make reservations and handle other time-consuming tasks through our concierge service

Connect with us no matter where you are



Visit our website or app to learn more about your Health Advocate services. Plus...



Compassionate support over the **phone** when you need it most



Participate in **virtual counseling** through phone, text, chat or video



Work with a counselor in **face-to-face sessions**



Access a **digital cognitive behavioral therapy (dCBT)** program to help improve your emotional fitness



Explore **webinars, online courses and articles** on a variety of well-being topics



Visit the **Personalized Legal Center, Financial Fitness Center** and **Mindfulness** page

HealthAdvocate.com/cseba



We support the whole family

This program is available to employees, spouses, dependents, parents and parents-in-law at **no cost to you.**