








# Access online help that's smart with heart



Health Advocate's digital experience has the resources you need to improve your health and well-being.

Through our website and mobile app, you can:

-  **Learn about your Health Advocate services** and the many ways we can help
-  **View important news alerts** and timely tips to improve your well-being
-  **Complete checklists** and take self-assessments to learn more about issues that impact you
-  **View resources** to help with life's challenges, including legal issues, financial topics, and more
-  **Quickly connect with a Health Advocate expert** through chat, web message or email
-  **Request help** to get the mental health support that fits your needs, including in-person counseling
-  **Explore webinars, online courses, and articles** on a variety of emotional health topics



## Get started today!

Log in or register with the steps below:

1. Visit the website or download the mobile app
2. Click "Register Now"
3. Enter the required information, confirm your registration, and then log in



**877.240.6863**

[answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

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

Registration code: MEDMUTUAL

Call • Email • Message • Live Chat 

 **HealthAdvocate**<sup>SM</sup>

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