

# HealthAdvocate™

An Employee Assistance Program and Health and  
Wellness Program Provider



# Who/What is HealthAdvocate™?

- For many years, Methacton School District has provided an employee assistance program (EAP) to assist our employees with personal and professional issues.
- Our long time former employee assistance program, BEACON, was purchased by HealthAdvocate™ three years ago.
- HealthAdvocate™ is not a health insurance company. They are an independent company, established in 2001, that provides our employees with confidential assistance with personal/work/life issues that can adversely affect an employee at home and in the workplace. They provide both in person and extensive web site options for support services.
- This program is provided to all district employees at no cost to them.
- Additionally, all employees' spouses, dependent children, parents and parents-in-law can take advantage of these valuable EAP services.

# What types of EAP services do they provide?

## **Personal Issues**

**(24/7 access)**

They have licensed professional counselors available to help with:

- Depression, anxiety or stress
- Marital or family/parenting issues
- Work stress or conflicts
- Anger, grief, or loss
- Completely confidential

## **Work/Life Support**

**(Additional services not previously supplied by BEACON)**

They have work/life specialists available to assist with:

- Legal and financial problems
- Childcare, eldercare, adoption and parenting concerns
- Relocation support

HealthAdvocate™ also provides health and wellness services:  
(provided through our association with the Bucks and Montgomery County Healthcare Consortium and is available to all employees and family members covered under our healthcare provider )

## **Health Advocacy**

They have health specialists available to assist with:

- Finding the right providers, hospitals
- Untangling medical and insurance bills
- Locating eldercare and support services for aging relatives

## **Wellness Coaching**

They can assist with:

- Personal health profiles
- Providing unlimited contact with a personal coach
- Online ability to track weight and exercise programs
- Free annual health screenings

## Examples of how HealthAdvocate™ health advocacy can help:

- An employee may have an issue with a medical bill they received and have had no success getting the issue resolved on their own. HealthAdvocate™ will take all the information and pursue the situation until they get it resolved.
- An employee may have an elderly parent in another state and need to find assisted living or nursing care for them. HealthAdvocate™ will research the area and give them suggestions on available facilities that they can then pursue themselves. If they need to find a medical provider or hospital for themselves or loved one, HealthAdvocate™ will assist them with finding the right one to fit their needs.
- Cost Estimator – learn how much a procedure will cost upfront.

# Employment Assistance Program

## Benefits to the District

EAP services can help reduce incidents of turnover and absence and increase employee productivity by providing the employee with:

- strategies and programs that promote employee wellness and well being, and
- support to encourage employees to be proactive in their approach to their mental health.

# Health and Wellness Program

## Benefits to the District

- The program is a proactive approach to improve the overall health of our employees
- It helps employees to establish long-term health and wellness goals
- It helps in diagnosing and preventing major health concerns
- Healthy employees help us to effectively manage and minimize increases in our health care costs
- Healthy employees help maintain a productive work environment

Questions?