

Focus on your mental health
from anywhere!

Explore our virtual therapy program



Health Advocate has partnered with Tava Health to provide expanded access to virtual therapy through their network of licensed professional therapists. Through our website, you can conveniently locate mental health providers and self-schedule appointments online.



Review and choose a provider based on your specific needs from a national therapy network



Schedule your appointment at a time that is convenient for you



Your information will be kept confidential within a HIPAA-secure platform

Getting started is easy

1. Visit www.unum.com/lifebalance
2. Select **Access your EAP benefits**
3. Scroll to **Connect to virtual therapy** and select **Begin here**
4. Select **Visit Tava** to access with the virtual platform
5. Follow the prompts to create your account
6. Enter your **health insurance information** and provide a credit card to be kept on record in case of cancellation
7. Complete your **virtual assessment**
8. Indicate your **therapist preferences** and **schedule an appointment**



Caring for you in all ways. Always. SM

Our **EAP professionals** are available **24/7** by phone if you need to speak to someone right away. Additionally, we can answer your questions about therapy options and help guide you to the best counseling option for you.

800.854.1446

EAPinfo@HealthAdvocate.com

Call • Email • Message • Live Chat 

