



HealthAdvocateSM

We can help.

Hurricane Florence is intensifying, potentially causing a serious threat to millions in the Southeast. Health Advocate has information to enable you to monitor and prepare for the storm. Our experts are always here to help you.



Emotional Support

- ✓ **Talk to a licensed clinician** to develop strategies to help you and your family adjust to the storm's impact
- ✓ **Help with anxiety**, stress, how to talk with your kids
- ✓ **Tips to stay positive** and productive

Information and Resources

- ✓ **Find government relief organizations** to assist with locating temporary and permanent housing
- ✓ **Access local**, state and federal agencies

We're here when you need us most

Your Health Advocate benefit can be accessed 24/7. Normal business hours are Monday - Friday, from 8 am to 11 pm, Eastern Time. Staff is available for assistance after hours and on weekends.

Turn to us. We can help.

877.240.6863

HealthAdvocate.com/members

We're not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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Hurricane and Tropical Storm Support Resources

FEMA (Federal Emergency Management Agency)

Phone: 1-800-621-3362

Website: www.fema.gov

- **How to Prepare for a Hurricane** This guide will help you properly prepare for a hurricane and know how to protect yourself during and after one. Includes a checklist.
- Download the **FEMA Mobile App** for weather alerts, safety tips, shelter locators, and more: www.fema.gov/mobile-app

American Red Cross

Phone: 1-866-438-4636

Website: www.redcross.org

- Learn about **Hurricane Safety** before, during, and after an incident.
- Download the **Red Cross Mobile Apps** for tools & preparedness information: www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps

CDC: Emergency Preparedness & Response

Website: www.emergency.cdc.gov

- Learn more about hurricanes and other tropical storms so you can be prepared to keep your family safe. www.cdc.gov/disasters/hurricanes
- Learn about how to create an **Emergency Kit** and **Make a Plan**, along with informational articles on types of emergencies, information for **Specific Groups** (older adults, people with disabilities, pregnant women, etc.), and coping in the aftermath of a disaster.

Ready.Gov – Hurricane Preparedness

Website: www.ready.gov/hurricanes

- This page explains what actions to take when you receive a hurricane watch or warning alert from the National Weather Service for your local area. It also provides tips on what to do before, during, and after a hurricane. Includes both online and printable resources on how to **Make a Plan** and **Build a Kit**, including a **Car Kit**.

National Weather Service

Website: www.weather.gov/safety/hurricane

- Learn about hurricane safety, including how to prepare for hurricanes, what to do when one is approaching, during the storm, and after the hurricane has left your area. Check for information about local impacts of weather conditions.

National Hurricane Center

Website: www.nhc.noaa.gov

- Check for frequent updates.

Weather Underground: Hurricane or Typhoon

Website: www.wunderground.com/

- Learn about hurricane and typhoon preparedness. www.wunderground.com/prepare/hurricane-typhoon

After the Storm

FEMA

Phone: 1-800-621-3362

Website: www.fema.gov

Disaster Assistance

Website: www.disasterassistance.gov

National Flood Insurance Program

Website: www.FloodSmart.gov

National Disaster Legal Aid Resource Center

Website: www.disasterlegalaid.org

Disaster Assistance and Emergency Relief Program

Website: www.benefits.gov/benefits/benefit-details/4418

Disaster Legal Services

Website: www.benefits.gov/benefits/benefit-details/431

“How Do I File My Flood Claim?”

Website: www.fema.gov/nfip-file-your-claim

When applying, it is helpful to have the following information handy:

1. Current telephone number
2. Address at the time of the disaster and current address
3. Social Security number, if available
4. A general list of damages and losses
5. If insured, the name of insurance company, agent and policy number
6. Bank routing number for any direct deposit

Call the FEMA Helpline (1-800-621-3362) or check online if you need additional help or have questions. You can also learn about the status of an application, additional services, or the location of specific services.

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