



Coaching vs Counseling

Coaching

Learn skills to cope, feel better and manage stress

Wellbeing Need

30 minutes

Time Taken

Phone

Type of Support

Counseling

Work through an issue or treatment

60 minutes

Phone, video, or face to face

HOW TO BOOK A CALL

1. Download the Uprise Health app or visit app.uprisehealth.co
2. Register your unique company code
3. Check your wellbeing score
4. Book a coaching call

HOW TO BOOK COUNSELING

Request counseling by phone.
1.800.395.1616 - Provide basic information and needs and preferences.

- * *If a member calls in crisis, they will be connected with a clinician for immediate help.*
- * *Members can also schedule their own appointment or the Uprise Health care team will assist with scheduling.*

The Benefits of Coaching and Counseling

Personal: The coach or counselor tailors the skills and program to your own situation and experience. You can speak to the same or a new coach every time.

Knowledgeable: All coaches and counselors have years of experiences and all the tools you learn are backed by research

Convenient: There are many coaches and counselors to choose from, with availability inside and out side working hours. You can speak to a coach via phone, video, or chat.

Confidential: Coaching is arranged using a discrete online booking system. Your details will always remain confidential.