uprisehealth



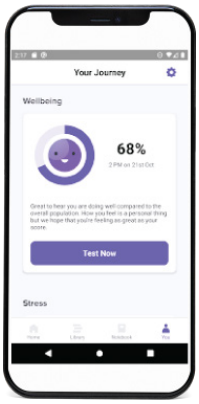
Digitally Enabled EAP with Coaching & Work-Life Services

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team, or accessing online.

Digitally Enabled Employee Assistance Program (EAP)



Our program is designed to help reduce stress and keep you healthy.

- Bite-sized training is available from your desktop or mobile app.
- Access is confidential. Take the assessment and check your wellbeing score.
- Get your own personalized recommendations.
- Skills training to develop your resilience, stress management, and mental fitness.
- Sessions with a coach via phone or unlimited asynchronous chat.
- Visit uprisehealth.com/members to get started.
- Create an account with your email and the access code that you received from your leadership.

Services for Employees & Families

Confidential Counseling
Face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

24-hour Crisis Help
Toll-free access for you or a family member experiencing a crisis.

Online Peer Support Groups
Online support groups for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

Tess, AI Chat-bot
24/7 chatbot for emotional support and check-ins to boost wellness.

© 2021 Uprise Health v.3.22

uprisehealth

Your EAP provides a wide range of work-life services to help you manage a variety of challenges

Financial Help
30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

Legal Services
One 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

Online Legal Forms
Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

Child & Parenting Services
Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

Adult & Eldercare Services
Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

Webinars & Trainings
Industry experts will present monthly work-life webinars on a variety of topics.

EAP Services & Support for Supervisors

Managing people can be challenging. All supervisors have fast access to phone consultations and trainings about the EAP and management topics:

- Critical incidents
- Drug-free workplace
- Making employee referrals
- Organizational development
- Education and training
- Conflicts in the workplace

We Are Here to Help

Phone: 1.800.395.1616

Website: uprisehealth.com/members

© 2021 Uprise Health v.3.22