**SUBJECT LINE:** Can you participate in a company-wide wellbeing check?

Hi everyone,

We would like to understand how you are coping and support your wellbeing as best we can. To confidentially share how you are, please check your wellbeing level using the link below.

The Wellbeing Check has 11 questions (<3 min to complete). It’s completed with our partner, [Uprise Health](https://uprisehealth.com/)so your responses are completely anonymous. Uprise Health provides our business with a de-identified report so that your responses stay confidential. More information about Uprise Health's privacy policy is linked [here](https://uprisehealth.com/privacy-policy/).

**To Complete the Wellbeing Check**
If you have already signed up with the Uprise Health digital app, sign in using your Android or Apple app or sign in to the desktop version: <https://app.uprisehealth.com/> and click the button under Wellbeing Score that says “Check Now.”

If you have not yet downloaded and signed up for the digital app, follow the link below and use our employer code: **[insert your employer code]** then follow the instructions under the Digital Mental Health Services section.

<https://members.uprisehealth.com/>

**About Uprise Health**
Uprise Health is our wellbeing partner. They provide a range of other services including weekly webinars and an app that teaches resilience skills which you can access anytime using this link: <https://uprisehealth.com/>

If you have any questions or feedback at any time, please don’t hesitate to let us know.

Best,

[Signature]