**SUBJECT LINE:** Uprise Health Digital Program launching today

[insert your logo banner + Uprise Health

I’m glad to announce that Uprise Health, our digital EAP and mental health service, is launching today. I’ll be using the program myself, and I look forward to hearing about your experiences with it.

Here are the registration steps:

**Via Mobile App:**

* Download the [iPhone app here](https://apps.apple.com/us/app/uprise-health/id1598587456) or the [Android version here](https://play.google.com/store/apps/details?id=com.ibh.uprise.prod)
* Create an account using our company’s access code: **[insert access code]**

**Via Desktop:**

* Go to the Uprise website <https://members.uprisehealth.com/>
* Create an account using our company’s access code: **[insert access code]**

**What is Uprise Health?**

Uprise Health is a digital EAP and mental health app that also offers optional features to use a dedicated wellbeing coach.

Learn the top proven skills for resilience via the app or get coaching from a professional on a current life stress like financial stress, family, self-beliefs, or a work issue. You can also elect to do therapy sessions instead of coaching and skill training by selecting ‘Arrange a Therapy Session.’

Have a look at the onboarding video [here](https://gateway.on24.com/wcc/eh/3506923/lp/3701419/uprise-health-digital-eap-orientation-march2022) for a better understanding of how all of the aspects of the program works.

**Confidentiality**Uprise Health is confidential service. They provide de-identified outcome reports but never information that can identify a single employee.

Best,

[Insert signature]