**SUBJECT LINE:** How Can Our Uprise Health EAP Help You?

[insert your logo banner + 

Just a quick reminder that our Employee Assistance Program (EAP) is available to you, your spouse and dependents, and anyone living in the household, related or not. Whether you are on our health plan or not, you are eligible to utilize the comprehensive services offered by Uprise Health.

**What is the Uprise Health Program?**

The EAP is paid for by [insert your company name] and delivered by Uprise Health. Here are some of the types of help that our EAP offers:

* Confidential Counseling
* 24-hour Crisis Help
* Financial Support
* Legal Services
* Child & Parenting Services
* Adult & Eldercare Services
* Online Work-Life Resource Portal

Watch the [Uprise Health EAP Overview video](https://gateway.on24.com/wcc/eh/3651683/lp/3697817/eap-employee-orientation-video) or read through the [Uprise Health EAP introduction guide](https://gateway.on24.com/wcc/eh/3651683/lp/3677722/eap-and-work-life-services-overview) to learn about the specifics of the EAP services and how you can use them.

To find additional information, access webinars, trainings, and more:

* Go to the [Uprise Health Member Portal](https://members.uprisehealth.com/)
* Sign in using our company’s access code: **[insert account code]**

If you would like to sign up for the Uprise Health newsletter, sign up with [this newsletter form](https://uprisehealth.com/newsletter-form/).

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

Best,

[Insert signature]

**SUBJECT LINE:** Take Advantage of our Uprise Health EAP

[Insert your logo banner + 

We value you and your efforts at [Business Name], and we want to help support you with a broad range of services and resources covering child or elder care, financial or legal problems, wellness matters and more. You can take advantage of these services and resources through Uprise Health, our Employee Assistance Program (EAP).

Here is what members say about Uprise Health: [These can be replaced by any early users’ testimonials]

“… by far the simplest yet powerful program I’ve done”

“… the best counseling sessions I’ve ever had”

“… a fantastic emotional and intellectual experience”

To access the Uprise Health Member Portal:

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Watch the [Uprise Health EAP Overview video](https://gateway.on24.com/wcc/eh/3651683/lp/3697817/eap-employee-orientation-video) or read through the [Uprise Health EAP introduction guide](https://gateway.on24.com/wcc/eh/3651683/lp/3677722/eap-and-work-life-services-overview) to learn about the specifics of the EAP services and how you can use them.

Best,

[insert signature]