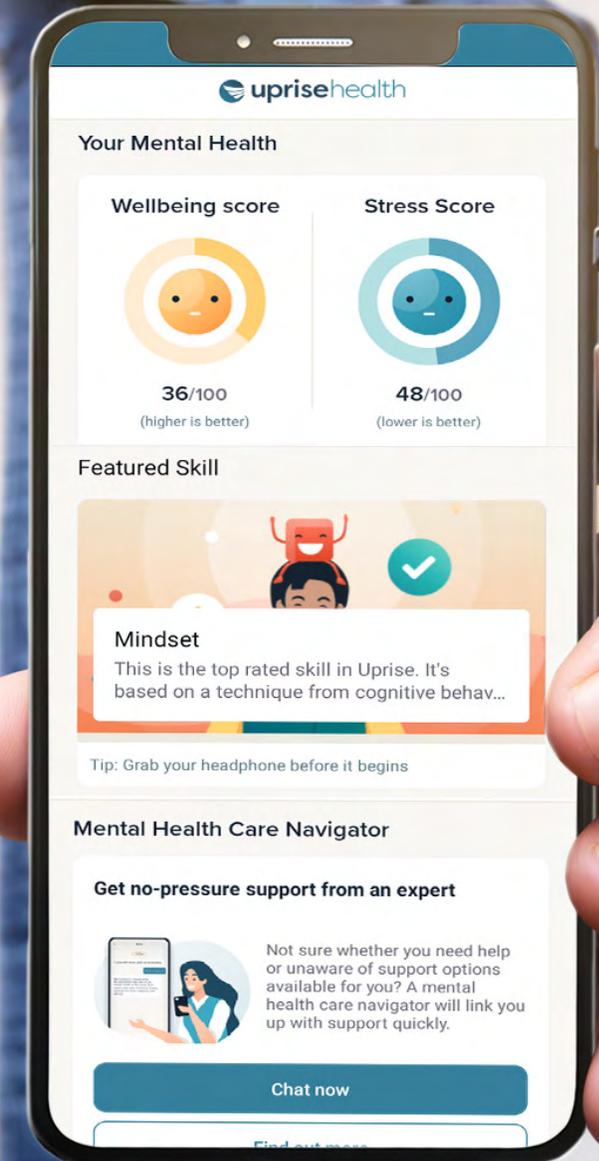


EAP Plus

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 for self-guided CBT.
- Skills training to develop your resilience, stress management, and mental fitness.
- Visit app.uprisehealth.com to get started.





Your EAP Plus is For You & Your Family.

EAP Plus benefits are available to all employees and their families at NO COST to you. The EAP Plus offers confidential advice, support, and practical solutions to real-life issues.

EAP SERVICES FOR EMPLOYEES & FAMILIES

- Up to X Confidential Counseling Sessions
- 24-hour Crisis Help
- Online Peer Support Groups
- Tess, AI Chatbot

1-800-395-1616 | app.uprisehealth.com | Access Code: XXXXXX





We Are Here to Help.

You, your spouse, and dependents have access to no-cost, confidential counseling and work-life resources for personal concerns through Uprise Health EAP Plus:

- Financial Help
- Legal Services
- Online Legal Forms
- Child & Parenting Services
- Adult & Eldercare Services
- Webinars & Trainings

OUR EAP PLUS IS HERE TO HELP. ANYTIME. ANYWHERE.

Connect with an intake specialist who can help you find the resources and services you need.

1-800-395-1616 | app.uprisehealth.com | Access Code: XXXXXX





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.

EAP Plus benefits are available to all employees and their families at NO COST to you.

You can access these confidential services by calling **1-800-395-1616** and speaking with an intake specialist or by accessing online at app.uprisehealth.com.

Your Access Code: **xxxxxx**.





Title

1 -2 sentences for a brief description of the upcoming event.

DATE: Day Month 1, 2022

TIME: Noon to 1pm EST

LOCATION: Room XXXX

Contact Uprise Health by phone **1-800-395-1616**
or online **app.uprisehealth.com**.

Your access code is: **xxxxx**.

