



The Uprise Health EAP Plus program is designed to support your entire family with confidential counseling and resources to make your everyday challenges less stressful.

You, your spouse, and dependents have access to no-cost, confidential therapy, CBT-based mental health courses, 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
- Self-guided programs & courses

# Your EAP Plus is for you and your family

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Visit [app.uprisehealth.com](https://app.uprisehealth.com) to  
learn more about your new benefits.  
Access Code:

