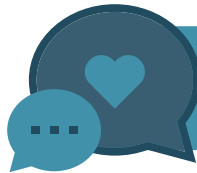




Support for Life's Stresses— Large and Small



"Confidential and professional, easily accessible, easy to use, approachable, time effective." - Uprise Health Member

 **uprise**health



Get excited! Our new Employee Assistance Program (EAP) Plus launches on

When life feels more difficult than it should be, your EAP Plus can help. Uprise Health digital resources can help you and your family with a variety of everyday concerns, including:

- Workplace stress
- Anxiety
- Work-life balance
- Burnout
- Family issues
- Trauma and grief
- Financial problems
- Childcare, eldercare, and family caregiving

Included at no additional cost to you:

- Self-guided programs and courses
- Coaching and short-term therapy
- Financial and legal services
- 24/7 crisis access
- Communications and training



Visit app.uprisehealth.com to learn more about your new benefits.

Access Code: