**SUBJECT LINE:**Uprise Health Digital Program Launching Soon

Hello,

[Business Name] is excited to announce, effective [launch date], we have a new Digital Employee Assistance Program (EAP), that includes a wellbeing app. The EAP is paid for by [Business Name] and delivered by Uprise Health.

The Uprise Health App will allow you to take Wellbeing Checks, build skills personally and professionally related to wellbeing through courses and exercises, and work with health coaches to set and achieve health and wellbeing goals. Your use of the app is completely confidential and available 24/7. Services are available to you as an employee of [Business Name], your dependents, and anyone living in the household, related or not.

The Uprise Health app can help with issues such as:

* + Emotional challenges (non-clinical depression, divorce/separation, personal issues, etc.)
  + Personal growth (leadership, personal values, mindfulness, sleep, etc.)
  + Stress-related issues (financial, fitness, stress on the job, family stress, etc.)
  + Management training (crisis situations, starting conversations about mental health, etc.) and so much more!

More information on how to get started will be coming soon.

Best,

[Insert Signature]