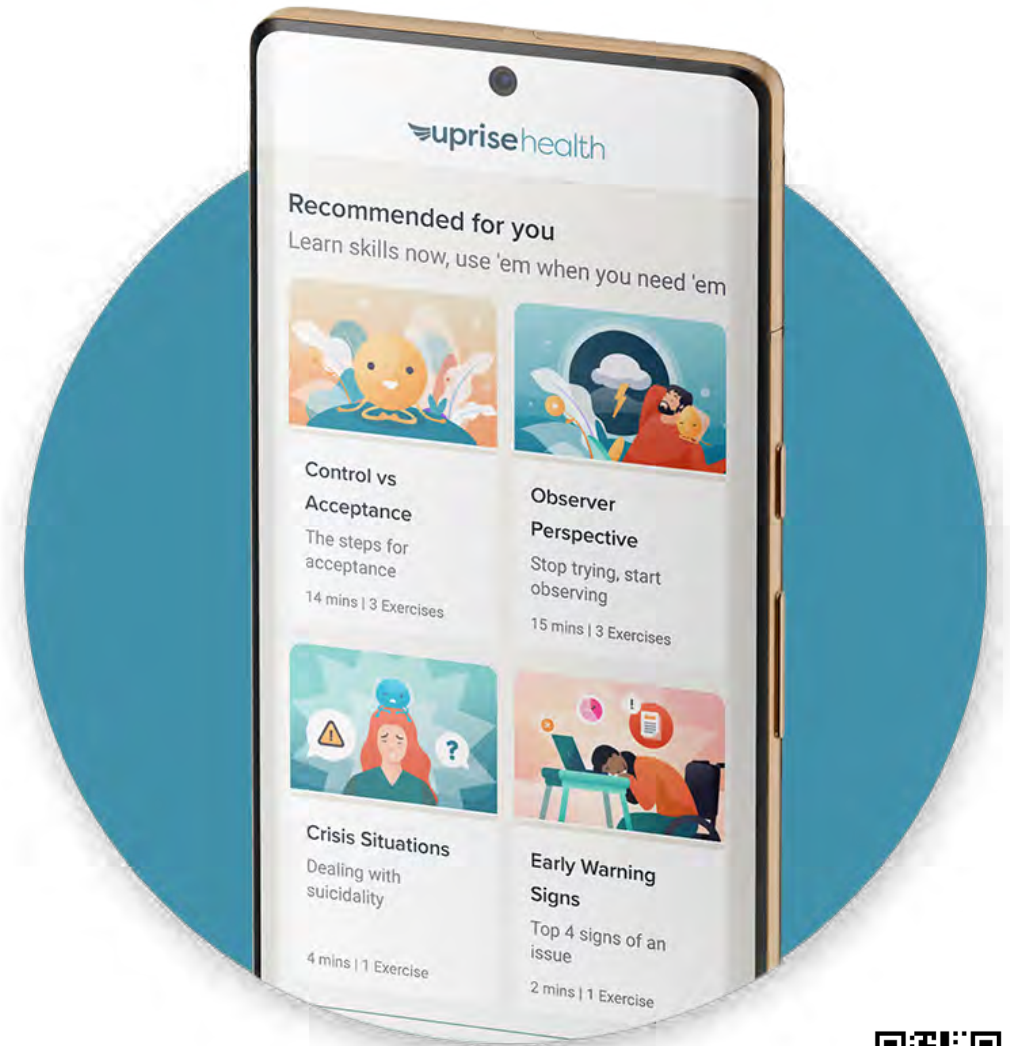




## Employee Assistance Program (EAP)

**Our program is designed to help reduce stress and keep you healthy.**

- Bite-sized training is available from your desktop.
- Access is confidential.
- Skills training to develop your resilience, stress management, and mental fitness.
- Visit [members.uprisehealth.com](https://members.uprisehealth.com) to get started.





## Your EAP is For You & Your Family.

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

### EAP Services for Employees & Families

- Up to 10 Confidential Counseling Sessions
- 24-hour Crisis Help
- Online Peer Support Groups
- Tess, AI Chatbot

**Phone:** 1-800-395-1616

**Website:** [app.uprisehealth.com](https://app.uprisehealth.com)

**Access Code:**

© Uprise Health







## 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 the Uprise Health EAP:**

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

## Our EAP is here to help. Anytime. Anywhere.

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

**Phone:** 1-800-395-1616

**Website:** [app.uprisehealth.com](https://app.uprisehealth.com)

**Access Code:**

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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 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](https://app.uprisehealth.com).

**Phone:** 1-800-395-1616

**Website:** [app.uprisehealth.com](https://app.uprisehealth.com)

**Access Code:**

© Uprise Health







**Date:**

**Time:**

**Location:**

**Phone:** 1-800-395-1616

**Website:** [app.uprisehealth.com](https://app.uprisehealth.com)

**Access Code:**

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