



**Did you know?**

*Nearly **83%** of U.S. workers suffer from workplace stress.*

Get mental health support, digital coaching, and CBT-based courses for you and your family with Uprise Health EAP benefits. Create an account and log on to your portal today!







## Did you know?

The main causes of workplace stress are workload (39% of workers), interpersonal issues (31%), juggling work and personal life (19%), and job security (6%).

Has stress made everything seem a little harder lately? You're not alone. With Uprise Health EAP solutions, you can access coaches, therapists, and digital resources to make it easy to find the help you need. Create an account today to get started at [app.uprisehealth.com](https://app.uprisehealth.com).







## Did you know?

*Less than 40% of employees who suffer from stress have talked to their employer about it.*

Discussing your stress with a professional can keep anxiousness and stress from negatively influencing your work and your health. With Uprise Health EAP solutions - including coaching, therapy, and digital resources - support is at your fingertips. Don't wait to get the help you deserve! Create an account today to get started at [app.uprisehealth.com](https://app.uprisehealth.com).





**Enrollment time is here!**

*Sign up for EAP benefits today!*

Your Uprise Health EAP benefits include digital resources, online coaching and therapy, and more.







## Uprise Health EAP Solutions

*We help care for the caregivers.*

More than half of Americans in their 40s have a living parent 65 or older and are either raising a child younger than 18 or have an adult child they helped financially in the past year.

If you are caring for your children and your elderly parents at the same time, who takes care of you? With Uprise Health EAP, you can talk with a therapist or coach and find solutions to caregiver burnout. Visit the Uprise Health platform to find help today at [app.uprisehealth.com](https://app.uprisehealth.com).







## Uprise Health EAP Solutions

*We help you cope with the stress and anxiety of money worries.*

87% of Americans admit to feeling increasing stress from inflation and the rising costs of everyday goods.

If a tight budget and growing expenses are causing anxiety, it's time to take advantage of your Uprise Health EAP benefits and discover solutions that will bring peace of mind to you and your family. Log in today to find digital resources, coaches, and therapists. app. [uprisehealth.com](https://uprisehealth.com).

