



Your EAP is for you and your family

The Uprise Health Digital EAP 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:

- Financial help
- Legal services
- Online legal forms
- Child & parenting services
- Adult & eldercare services
- Self-guided programs & courses

Connect with an intake specialist at 1.800.395.1616 or through **Uprise Health Member Platform.**

Access Code:

