



The Uprise Health EAP, a benefit with no cost to you, is available to help you address everyday issues through confidential therapy, coaching, and online resources. Access these services by calling 1.800.395.1616 to speak with an intake specialist or access online at **Uprise Health Platform.**

**Life presents us with challenges at work and at home daily, but you don't have to face these challenges alone.**

Visit [app.uprisehealth.com](https://app.uprisehealth.com) to sign-up for the app, and start your wellness journey today!  
Access Code:

