



**Your Digital EAP is simple to use.
It's confidential. It helps.**

Caring and confidential support for personal problems is available to you and your dependents at no cost.

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

Help is just a click away.

Visit app.uprisehealth.com to sign-up for the app,
and start your wellness journey today!
Access Code:

