



Discussing your stress with a professional can keep anxiousness and stress from negatively influencing your work and your health.

With Uprise Health's Digital EAP solutions—including coaching, therapy, and digital resources—support is at your fingertips.

We're delighted to include Uprise Health EAP Digital benefits in our employee benefits packages. These services are available to you and your family at no cost. The Uprise Health EAP offers confidential advice, support, and practical solutions to real-life issues through our digital platform, including:

- Work stress
- Interpersonal workplace issues
- Family caregiving problems
- Burnout
- Budget or financial worries
- Depression and anxiety
- Sleep problems and insomnia

Launching on Transform your wellness journey with the Uprise Health EAP!

For an overview of Uprise Health's EAP services, visit: uprisehealth.com/digitally-enabled-eap/

