



The Uprise Health Digital Employee Assistance Program (EAP) works with you to support your mental health for a happier, more resilient life. Launching on

With your new benefits, you'll have access to:

- Self-guided video programs and courses
- A network of coaches and therapists to help you manage everyday stressors
- Robust library of 20k+ self-help articles, webinars, & educational materials on a variety of work-life topics
- Periodic webinars on current work-life and mental health topics
- And more!

Uprise Health EAP is offered at no additional cost to you and is available to you and your family members. Discover the new digital features and how Uprise Health EAP can help support your emotional well-being.

Making minds happier. Inside and outside of work.

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

