



Get excited! Our new Digital EAP launches on

When life feels more difficult than it should be, your Employee Assistance Program (EAP) can help. Uprise Health's digital resources can help you and your family with a variety of everyday concerns, including:

- Workplace stress
- Anxiety
- Work-life balance
- Burnout
- Family issues
- Trauma and grief
- Financial problems
- Childcare, eldercare, and family caregiving

Included at no additional cost to you:

- Self-guided programs and courses
- Coaching and short-term therapy
- Financial and legal services
- 24/7 crisis access
- Communications and training

Support for Life's Stresses, Large and Small.

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

