



Launching Soon! The Uprise Health Employee Assistance Program (EAP).

**"The program really helped me
put things into perspective."**

- Uprise Health Member





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

With Uprise Health Digital EAP solutions—including therapy and digital resources—support is at your fingertips. Launching on

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, including:

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



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