



Your EAP is for you and your family

When you or your dependents need help,
call Uprise Health to connect our care
navigators to get access to therapists for
confidential support at no cost to you.

- Relationship
- Career concerns
- Family issues
- Stress
- Depression
- Anxiety
- Financial concerns
- Loss or grief
- Substance use
- Other personal concerns

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

