



**Your EAP is simple to use.
It's confidential. It helps.**

Caring and confidential support for personal problems is available to you and your dependents at no cost.

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

**Help is just a
click away.**

We're here to help.

Phone: **1.800.395.1616**

Website: **uprisehealth.com**