



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

With Uprise Health EAP solutions—including therapy and work-life resources—support is at your fingertips. We're delighted to include Uprise Health EAP benefits in our employee benefits packages. These services are available to you and your family at no cost. The 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

## Launching on The Uprise Health Employee Assistance Program (EAP).

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

