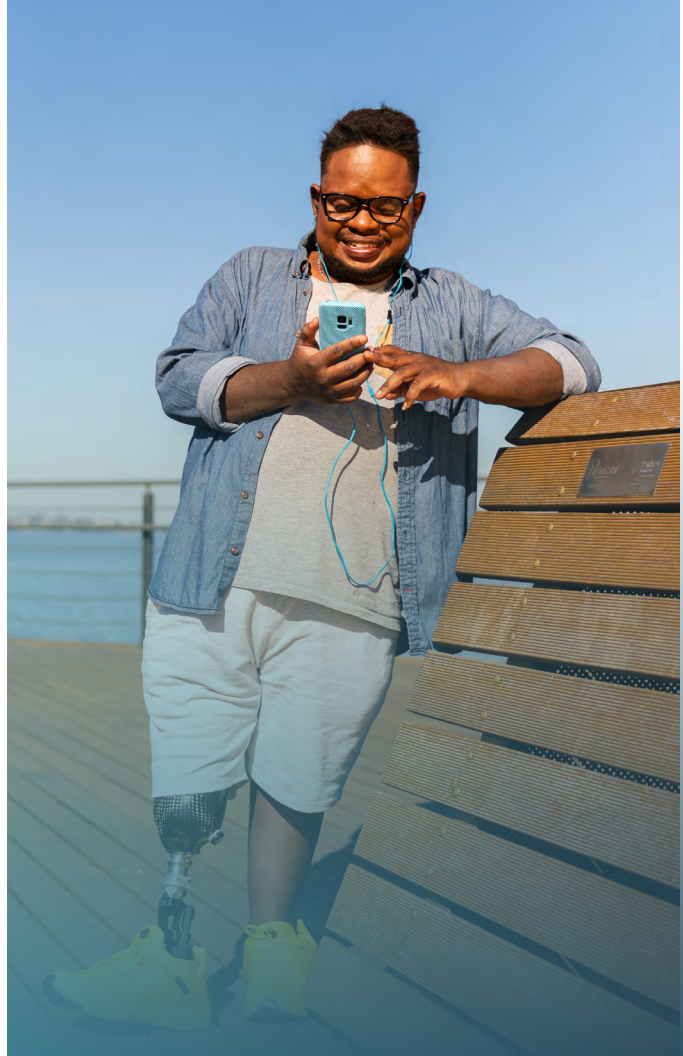




# Making minds happier. Inside and outside of work.

**"The Uprise Health program  
has given me new direction and  
purpose."**

- Uprise Health Member





**The Uprise Health Employee Assistance Program (EAP) works with you to support your mental health for a happier, more resilient life.**

### **Launching on**

With your new benefits, you'll have access to:

- A network of therapists to help you manage everyday stressors
- Group sessions to join others going through similar experiences
- Robust library of 20k+ self-help articles, webinars, & educational materials on a variety of work-life topics
- Periodic webinars on current work-life and mental health topics
- And more!

Uprise Health EAP is offered at no additional cost to you and is available to you and your family members. Discover what's new and how Uprise Health EAP can help support your emotional well-being.



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