



EAP Digital with Coaching

Life throws challenges at us daily. Don't navigate them alone. Uprise Health's EAP Digital with Coaching is your companion for a healthier, more resilient you.

Employee Assistance Program (EAP) benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues.

Key Free Features:

- 6 Therapy Sessions per incident per year
- 6 Coaching Sessions per year
- 6 Online Peer Support Group Sessions per year

Services Overview

Your EAP provides a wide range of work-life services to help you manage a variety of challenges.

- In-person, virtual, and telephonic therapy sessions
- Virtual coaching sessions
- Online peer support groups
- Industry-leading app
- Confidential well-being assessments
- Financial guidance and legal consultations
- Work-life resources
- Skills training to develop your resilience, stress management, and mental fitness

How to get started

1. For mobile, scan the QR code to download the app
2. Create an account with your email and access code: **vgbt6**
3. For the desktop app, go to **app.uprisehealth.com**
4. Create an account with your email and access code: **vgbt6**

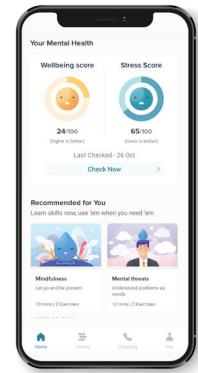


Available on:



Uprise Health App

- Get your own personalized recommendations for Cognitive Behavioral Therapy (CBT)-based courses.
- Access is confidential. Take an assessment and check your well-being score.
- Six sessions/year with a coach via phone or unlimited asynchronous chat.
- Easy access via phone, tablet, and computer!



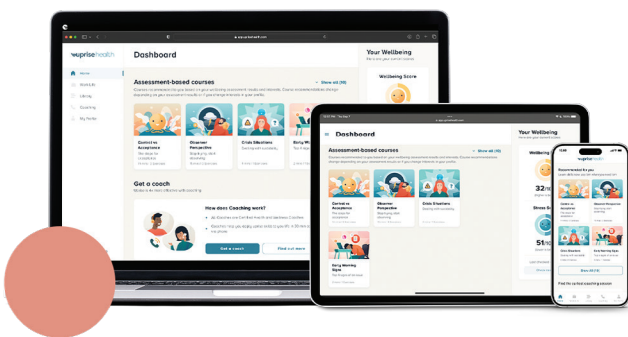
EAP Services for Employees & Family

- **Confidential Therapy (6 sessions per incident per year)**
In-person, video, or phone therapy for relationship, family, stress, anxiety, and common challenges.
- **Online Peer Support Groups (6 sessions per year)**
Online groups for recovery, anxiety, depression, frontline workers, grief, parenting, and more.
- **24-Hour Crisis Help**
Toll-free access for you or a family member experiencing a crisis.
- **Tess, our AI Chatbot**
24/7 chatbot for emotional support and check-ins to boost wellness.
- **Financial Help**
Unlimited access to a personal money coach and online resources for financial wellness planning.
- **Legal Services and Forms**
One free 30-minute legal consultation per issue, 25% off hourly rates if you hire the attorney, and access to legal forms.
- **Family Services**
Parenting advice, school support, adoption, eldercare services, and more.
- **Webinars and Training**
Industry experts will present monthly work-life webinars on a variety of topics.

EAP Services for Supervisors

Managing people can be challenging. All supervisors have fast access to phone consultations and trainings about the EAP and management topics such as:

- Critical Incidents
- Education and training
- Creating employee referrals
- Creating a drug-free workplace
- Organizational development
- Conflicts in the workplace



We're Here to Help.

Reach out to Uprise Health to find out more about your EAP, schedule a therapy appointment, get a referral for services, and more!

Phone: 800-395-1616

Member Website: members.uprisehealth.com

Access code: vgbt6