



**Digitally Enabled EAP with Coaching & Work-Life Services**

**Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.**

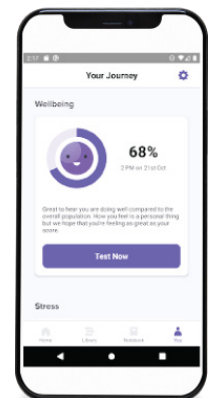
**We Are Here to Help**

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. You can access these confidential services by calling the toll-free number and speaking with our care team, or accessing online.

**Digitally Enabled Employee Assistance Program (EAP)**

**Our program is designed to help reduce stress and keep you healthy.**

- Bite-sized training is available from your desktop or mobile app.
- Access is confidential. Take the assessment and check your wellbeing score.
- Get your own personalized recommendations.
- Skills training to develop your resilience, stress management, and mental fitness.
- Up to **3** sessions with a behavioral health coach via phone or unlimited asynchronous chat.
- Visit [worklife.uprisehealth.com](http://worklife.uprisehealth.com) to get started.
- Create an account with your email and the access code: **worklife**



**Services for Employees & Families**

**Confidential Counseling**

Up to **3** face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

**24-hour Crisis Help**

Toll-free access for you or a family member experiencing a crisis.

**Online Peer Support Groups**

Online support groups for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

**Tess, AI Chat-bot**

24/7 chatbot for emotional support and check-ins to boost wellness.

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

### **Financial Help**

Get 30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

### **Legal Services**

Receive one 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

### **Online Legal Forms**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

### **Child & Parenting Services**

Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

### **Adult & Eldercare Services**

Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

### **Webinars & Trainings**

Industry experts will present monthly work-life webinars on a variety of topics.

## EAP Services & Support for Supervisors

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

- Critical incidents
- Drug-free workplace
- Making employee referrals
- Organizational development
- Education and training
- Conflicts in the workplace

## **We Are Here to Help**

**Phone: 800.386.7055**

**Website: [worklife.uprisehealth.com](http://worklife.uprisehealth.com)**

**Access Code: worklife**