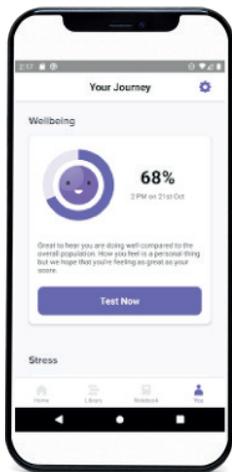


# Digitally Enabled EAP with Coaching & Work-Life Services

Employee Assistance Program (EAP) benefits are available to all employees and their families at NO COST to you.



Your Digitally Enabled EAP comes with access to the Uprise Health app that is designed to help reduce stress and keep you healthy.

Bite-sized learning is available from your desktop or mobile app, and includes skills training to develop your resilience, stress management and mental fitness.

## GET STARTED

Accessing mental health support and digital resources is easy, simply scan the QR code, or:



1 Go to: [worklife.uprisehealth.com](https://worklife.uprisehealth.com)

2 Enter your access code: **worklife**

After you login, go to the "Coaching" page for access.

### Digitally Enabled EAP

- Wellbeing Assessment
- Self-Guided Mental Health
- Skills Training
- Coaching

### Mental Health Services

- Short-Term Counseling
- 24-Hour Crisis Help
- Tess Chatbot
- Online Peer Support Groups

### Work-Life Services

- Financial Help
- Legal Support
- Child & Parenting Services
- Adult & Eldercare Services
- Webinars & Trainings

Download the Uprise Health app on [Google Play](#) or the [Apple App Store](#).

