



## 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:

- 5 Therapy Sessions per incident per year
- 5 Coaching Sessions per year
- 5 Peer Support 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. Visit [uprisehealth.com/members](https://uprisehealth.com/members)
2. Create an account with your **access code: gsc**
3. For the desktop app, go to [app.uprisehealth.com](https://app.uprisehealth.com)
4. For mobile, **scan the QR code to download the app**

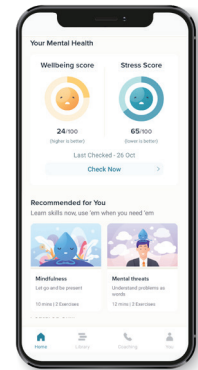


Available on:



## 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.
- Sessions with a coach via phone or unlimited asynchronous chat.
- Easy access via phone, tablet, and computer!



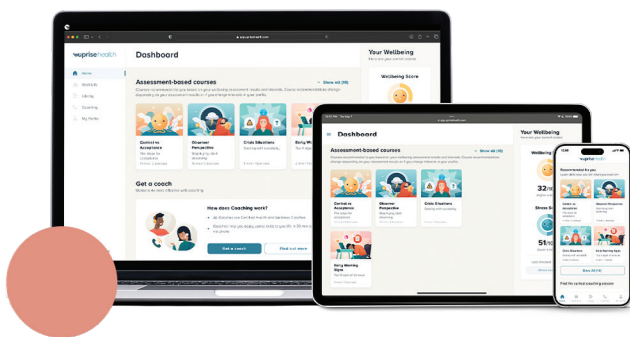
## EAP Services for Employees & Family

- **Confidential Therapy**  
In-person, video, or phone therapy for relationship, family, stress, anxiety, and common challenges.
- **Online Peer Support Groups**  
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**  
30-day access to a personal money coach 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: **gsc**