

Discussing your stress with a professional can keep anxiousness and stress from negatively influencing your work and your health.

With Uprise Health EAP Plus solutions—including coaching, therapy, and digital resources—support is at your fingertips.

We're delighted to include Uprise Health EAP Plus benefits in our employee benefits packages. These services are available to you and your family at no cost. The Uprise Health EAP Plus offers confidential advice, support, and practical solutions to real-life issues, including:

- Work stress
- Interpersonal workplace issues
- Family caregiving problems
- Burnout
- Budget or financial worries
- Depression and anxiety
- Sleep problems and insomnia

Launching on The Uprise Health Employee Assistance Program (EAP) Plus.



Visit app.uprisehealth.com to
learn more about your new benefits.

