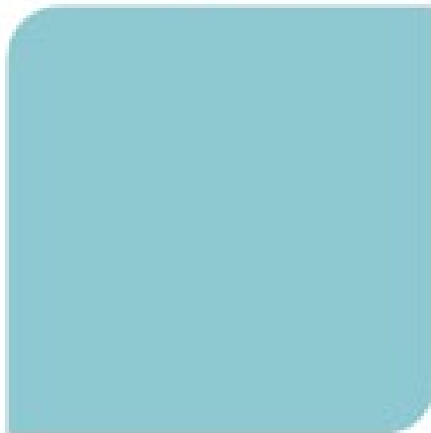
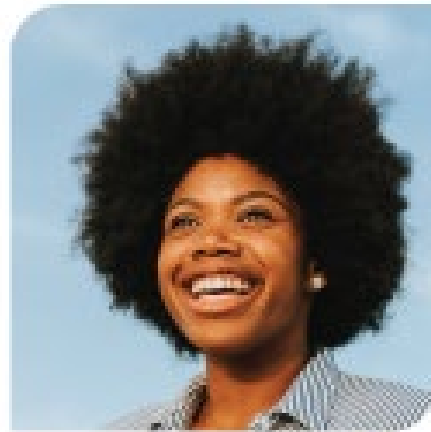




Digitally Enabled Employee Assistance Program (EAP)

Employee Orientation



Welcome To Your EAP

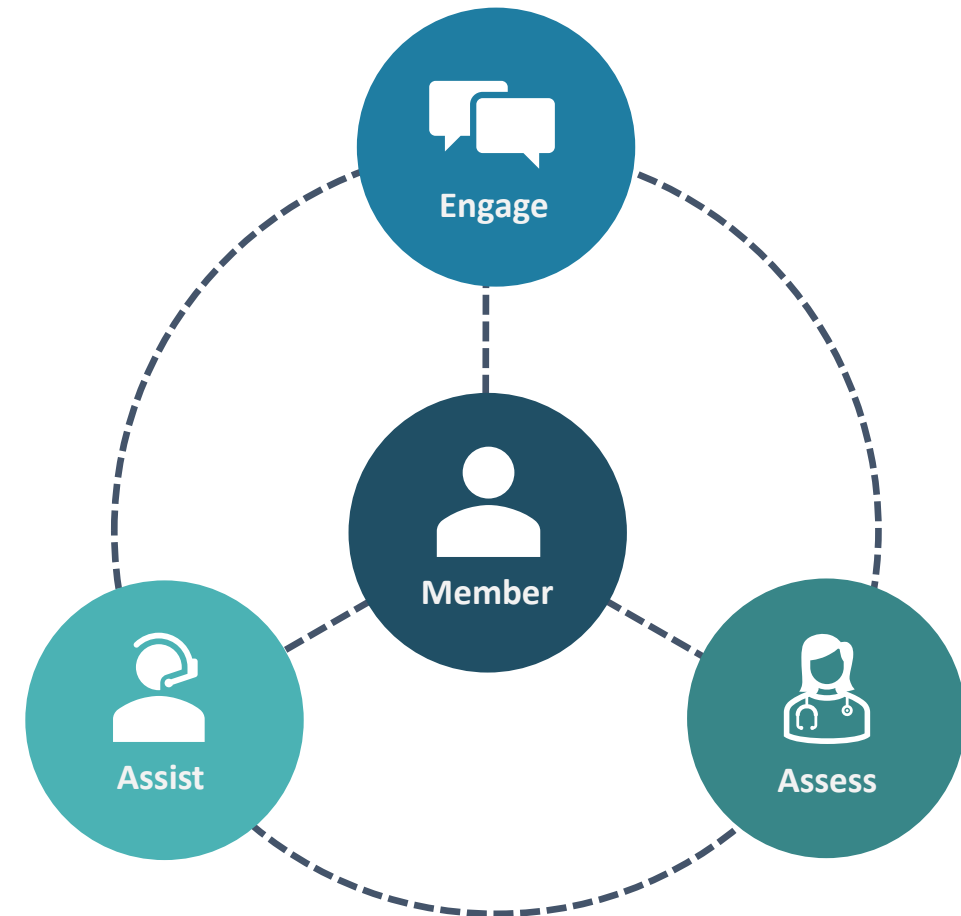
1. Overview of Your Digital Health EAP
2. Coaching
3. Counseling
4. Work Life Resources



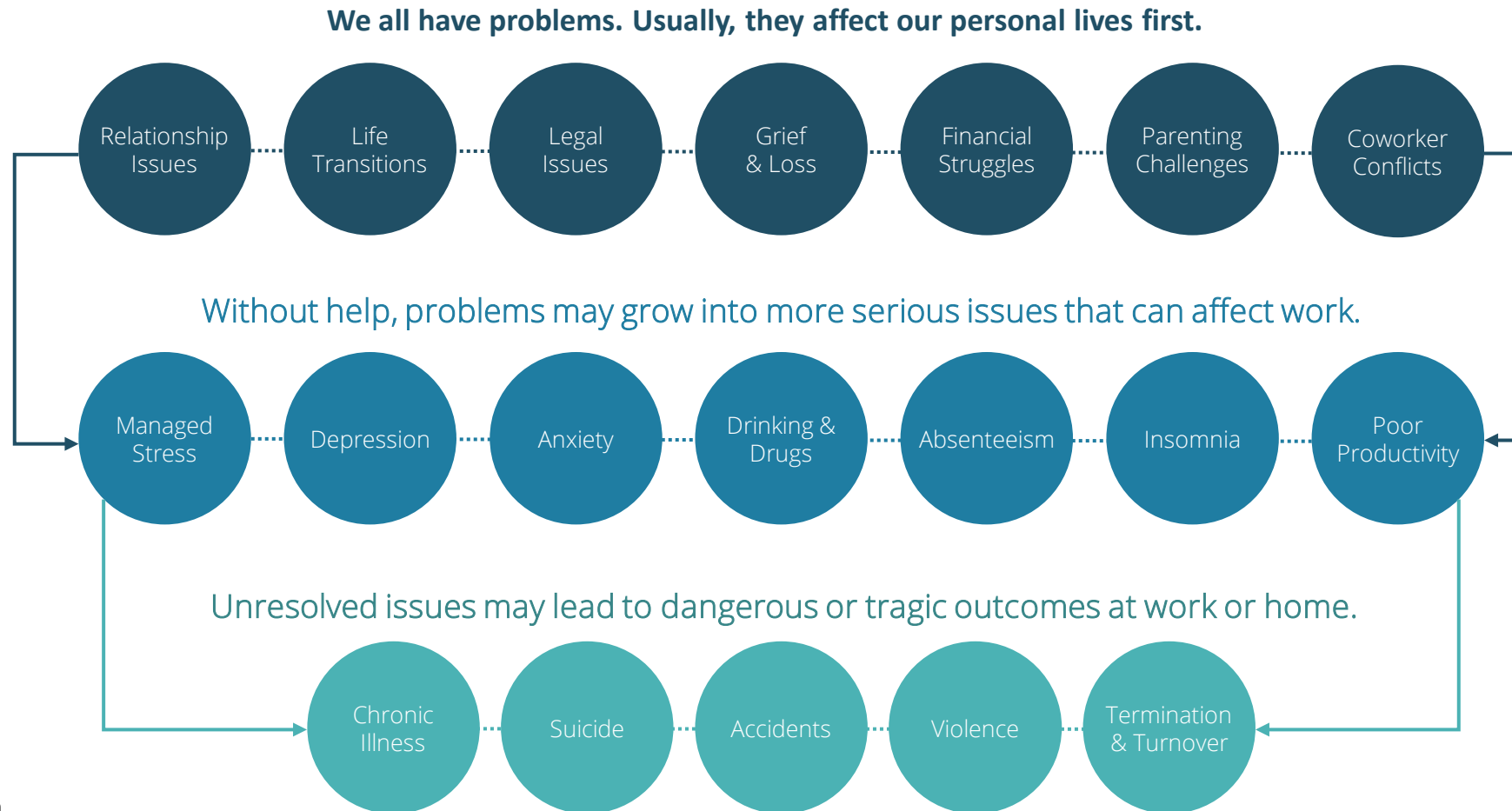
Overview

We all face challenges - - and every employee is different.

- Sometimes just a phone call or access to resources are needed
- Other times, counseling services are a better solution
- We connect your employees with the level of care they need
- Services are available to employees and dependents
- Round the clock, confidential access



Early Intervention is Critical



Digital Mental Health

Wellbeing Check

- 11 questions assess wellbeing
- Less than 5 minute to complete

Digital Programs

- Access via the app or online
- Videos and interactive exercises

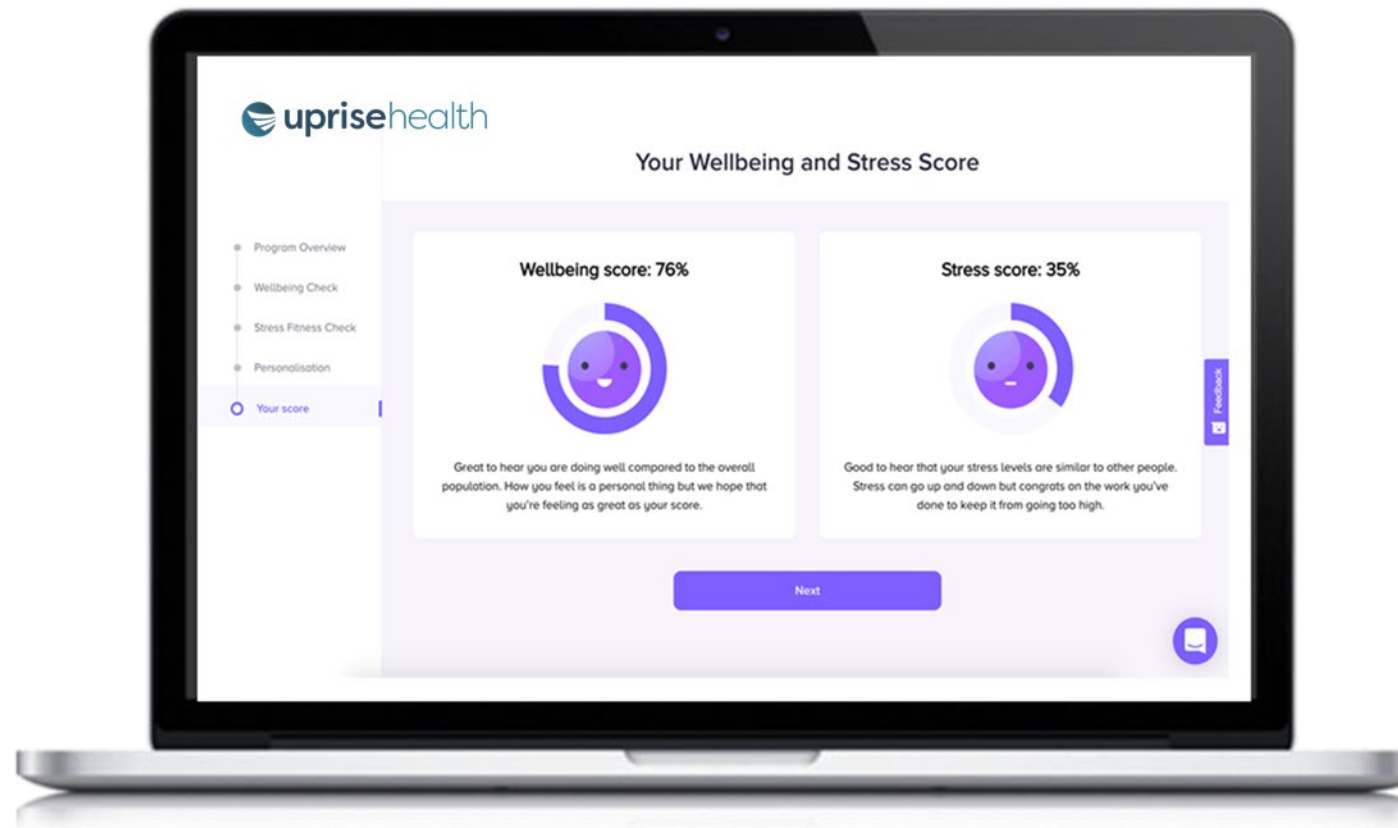
Coaching*

- Self-guided CBT and skill building modules
- Online scheduling with a coach

Short-Term Counseling*

- Face to face, phone or video

*Confirm with your employer to confirm the number of sessions that are provided with your program.



How to Get Started

1. Visit app.uprisehealth.com or download the Uprise Health mobile app



2. Create an account with your email and the assigned employer code
3. Take the assessment and check your wellbeing score
4. Get started on your first mental fitness skill

Watch videos, listen to audio and complete interactive exercises for the recommended skills determined by your personal preferences.

5. Speak with a coach via phone or asynchronous chat

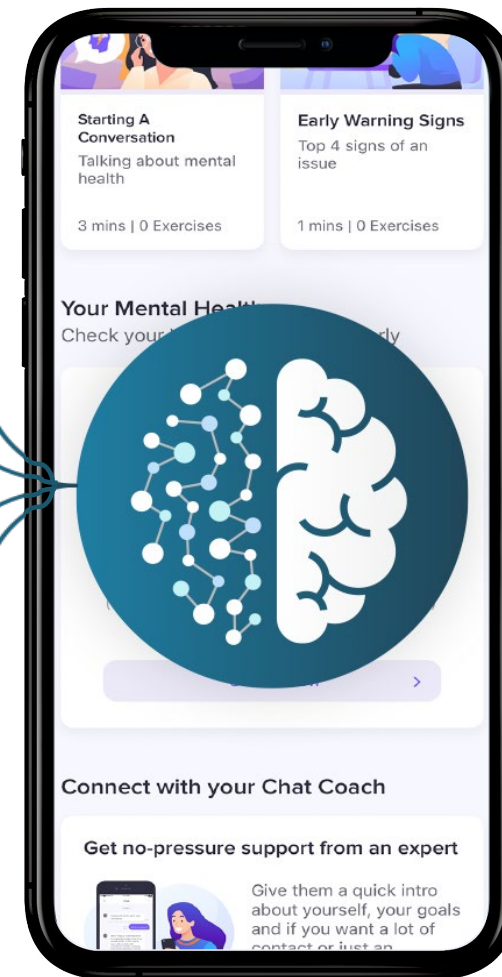
Message your coach through asynchronous chat. You will receive a message back within one business day. Or select your coach and schedule a phone appointment directly through the mobile app or web portal. You can also change your coach based on your preferences.

Self-guided

**Skill
Building**

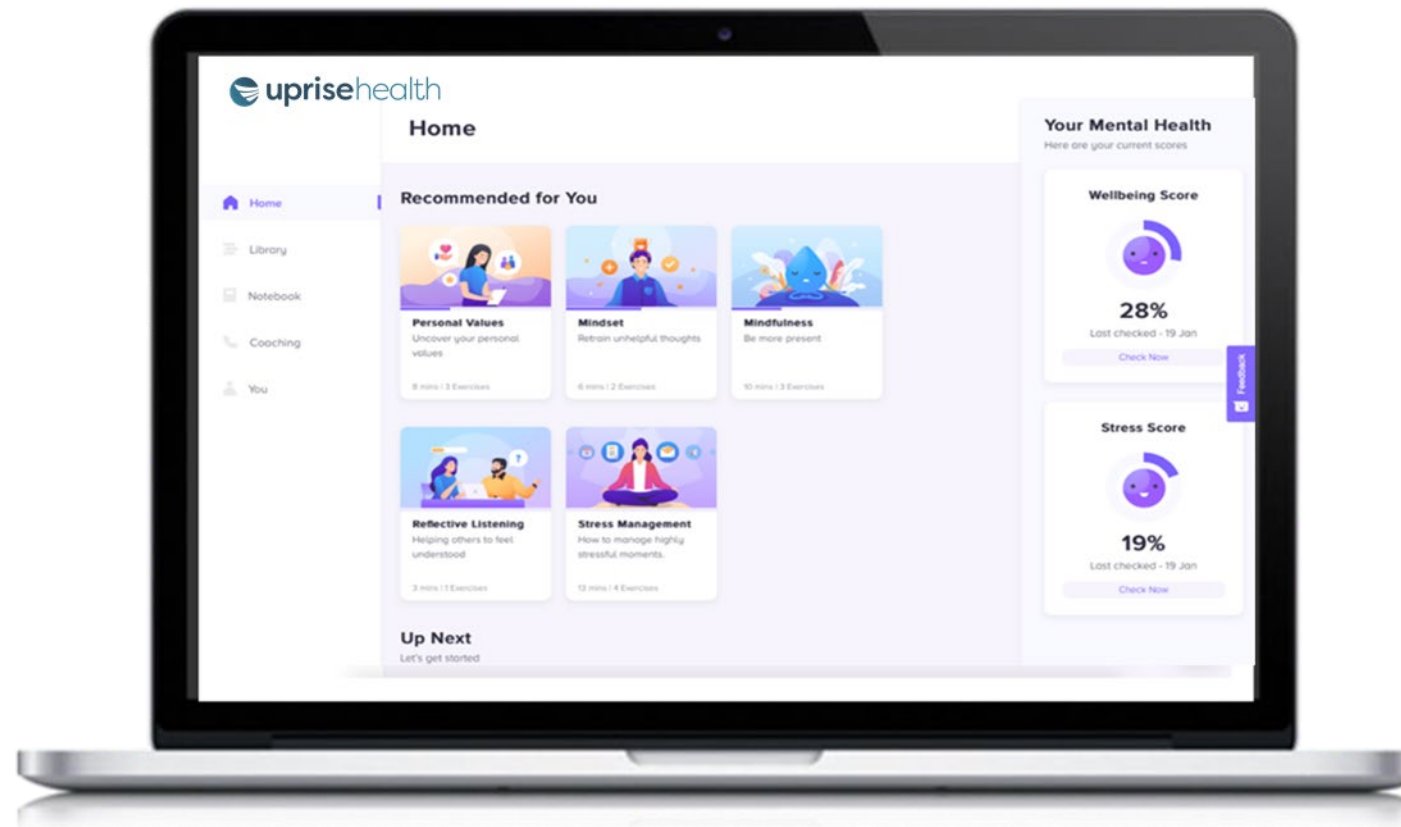
Coaching

**Short Term
Counseling**



Self-Guided Digital Courses

- On-demand, CBT evidence-based skills training via app or web
- Users get access to a toolkit of proven skills based on range of conditions
- Track progress over time and record achievements
- Built in communication and education prompts to stay in-front of members



Scheduling a Coach

- Coaches support employees through the skills modules
- All coaching is accessed and booked online
- Employees choose their level of support
- Options for chat or phone-based coaching
- Confirm with your employer what type of coaching sessions are available with your EAP program.



Short Term Counseling

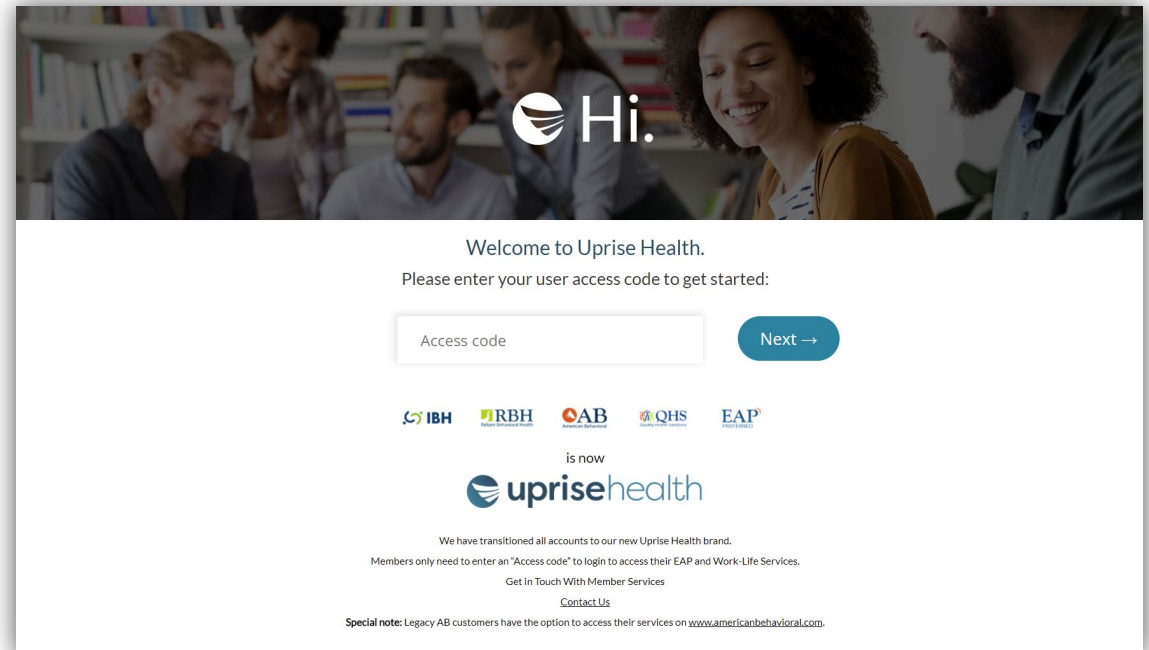
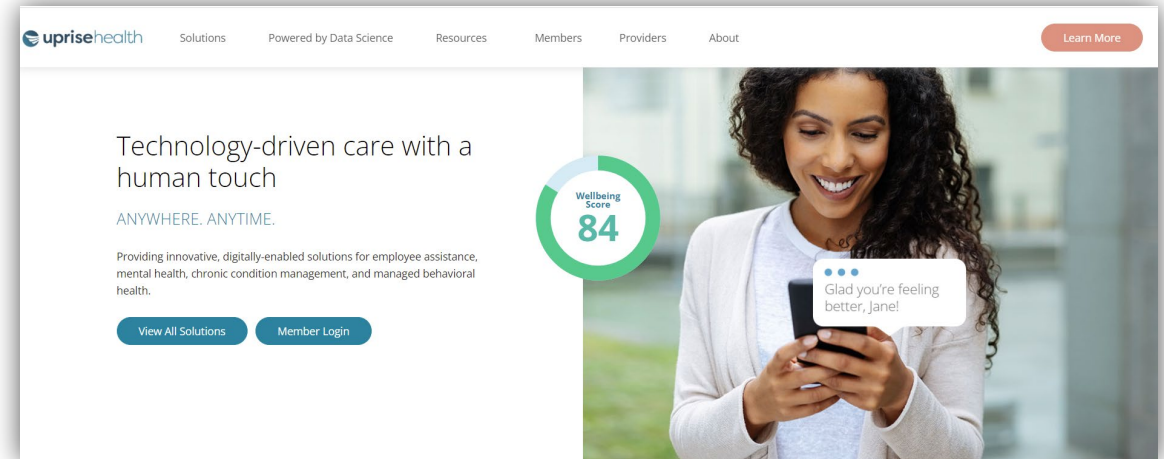
- Convenient, secure access to short-term counseling
- Phone, video and face to face sessions
- Member will be asked about their needs to be matched with a counselor
- Counseling is available for or each member of the household, including employee, spouse and unmarried dependents up to age 26
- Member can schedule their own appointment, or we can help with scheduling
- Be sure to check with your employer or call Uprise Health to confirm the number of counseling sessions that are provided with your EAP program.



Login to Member Portal

Uprisehealth.com/members

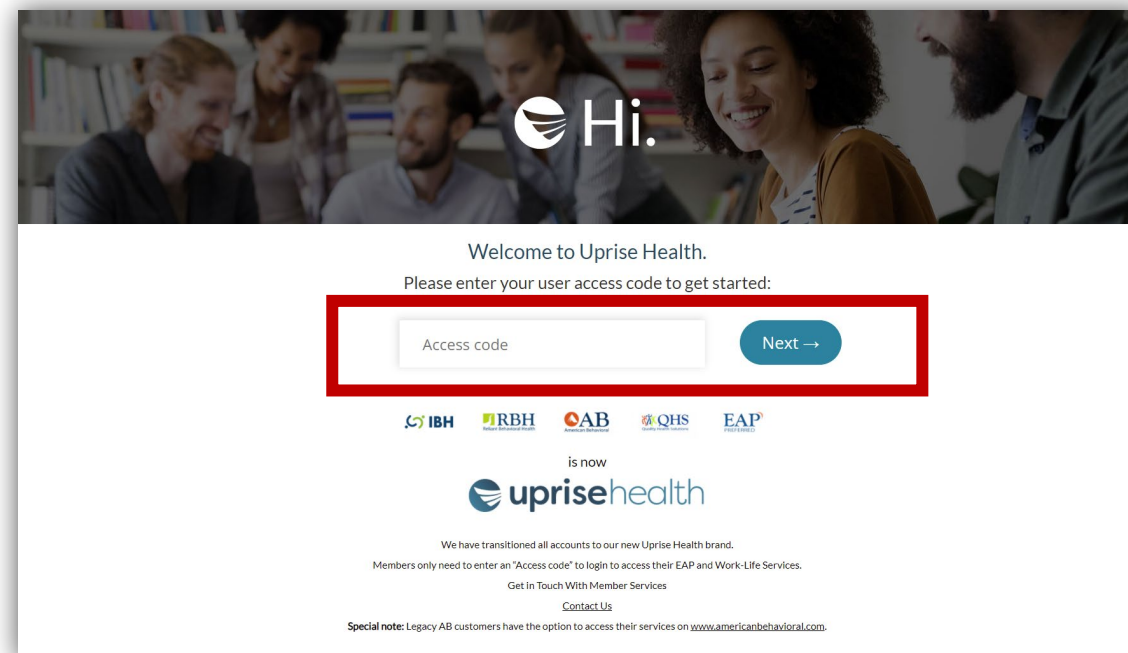
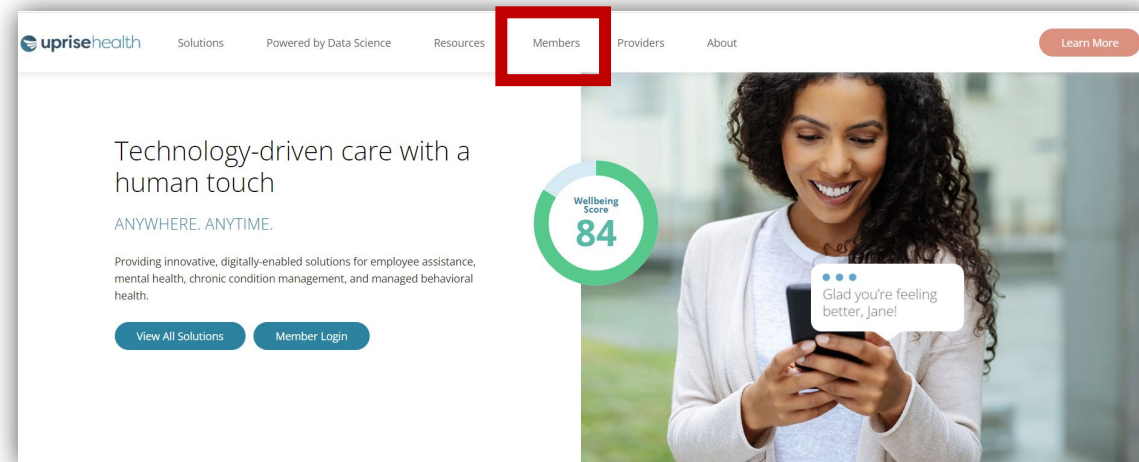
Enter the access code provided by your employer.



Login to Member Portal

uprisehelath.com/members

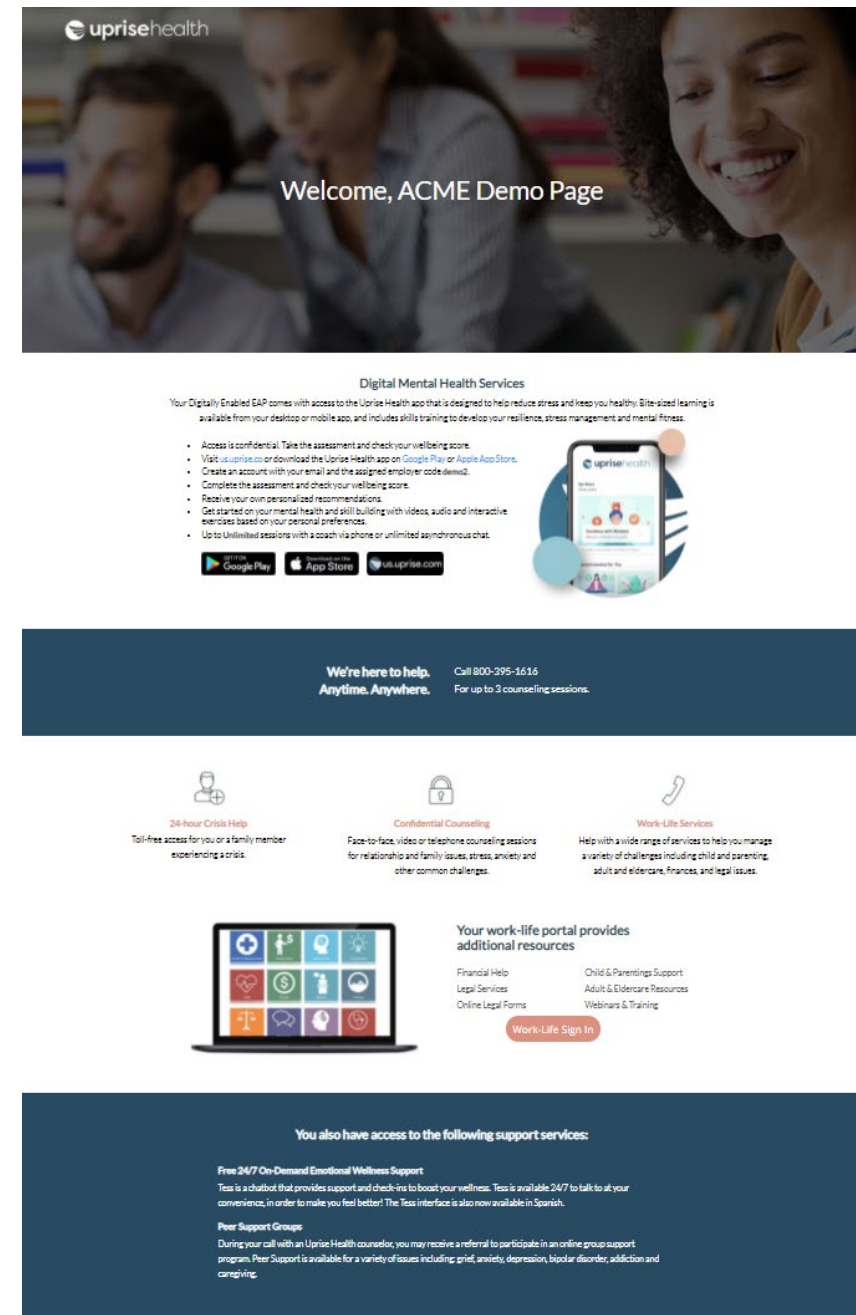
Enter your access code to view custom member page with phone number, number of coaching sessions and number of counseling sessions



Member Welcome Page

Company name, phone number and number of counseling sessions are displays

Includes a link for Work-Life Sign-In that is set up with the same Access Code



The mockup represents a 'Member Welcome Page' for 'ACME'. It features a header with the 'uprisehealth' logo and a 'Welcome, ACME Demo Page' message. The main content area is titled 'Digital Mental Health Services' and describes a 'Digitally Enabled EAP' with a list of features: confidential access to a wellbeing score, account creation, assessment completion, personalized recommendations, mental health skill building, and unlimited coaching sessions. It includes icons for Google Play, the App Store, and the website. Below this is a dark blue banner with the text 'We're here to help. Anytime. Anywhere.' and a phone number. The next section highlights three services: '24-hour Crisis Help', 'Confidential Counseling', and 'Work-Life Services', each with an icon and a brief description. This is followed by a 'Your work-life portal provides additional resources' section with icons for financial, legal, and parenting support, and a 'Work-Life Sign In' button. The final section, 'You also have access to the following support services:', lists 'Free 24/7 On-Demand Emotional Wellness Support' (a chatbot named Tess) and 'Peer Support Groups'.

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Welcome, ACME Demo Page

Digital Mental Health Services

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.

- Access is confidential. Take the assessment and check your wellbeing score.
- Visit [us.uprise.co](#) or download the Uprise Health app on [Google Play](#) or [Apple App Store](#).
- Create an account with your email and the assigned employer code (demo).
- Complete the assessment and check your wellbeing score.
- Receive your own personalized recommendations.
- Get started on your mental health and skill building with videos, audio and interactive exercises based on your personal preferences.
- Up to Unlimited sessions with a coach via phone or unlimited asynchronous chat.

[Google Play](#) [App Store](#) [us.uprise.com](#)

We're here to help.
Anytime. Anywhere. Call 800-395-1616
For up to 3 counseling sessions.

24-hour Crisis Help
Toll-free access for you or a family member experiencing a crisis.

Confidential Counseling
Face-to-face, video or telephone counseling sessions for relationship and family issues, stress, anxiety and other common challenges.

Work-Life Services
Help with a wide range of services to help you manage a variety of challenges including child and parenting, adult and eldercare, finances and legal issues.

Your work-life portal provides additional resources

Financial Help
Legal Services
Online Legal Forms

Child & Parenting Support
Adult & Eldercare Resources
Webinars & Training

[Work-Life Sign In](#)

You also have access to the following support services:

Free 24/7 On-Demand Emotional Wellness Support
Tess is a chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk to at your convenience, in order to make you feel better! The Tess interface is also now available in Spanish.

Peer Support Groups
During your call with an Uprise Health counselor, you may receive a referral to participate in an online group support program. Peer Support is available for a variety of issues including grief, anxiety, depression, bipolar disorder, addiction and caregiving.

Work-Life Resources

Support for work-life issues that impact a members' ability to stay present and productive at work, including:

- Legal Services
- Financial Services
- Online Legal Forms
- Child and Parenting Resources
- Adult and Elder Care Services
- Training and Webinars
- Tess AI Chatbot



The screenshot displays the uprisehealth website interface. At the top, navigation links include HOME, SITE FEEDBACK, RETURN TO WWW.UPRISEHEALTH.COM, MY ADVANTAGE, and PROFILE. A search bar is located in the top right corner. Below the navigation, a banner features a star icon and the text "Featured this month: Find Your Joy!". To the right of the banner are three buttons: Webinar, Tip: Positive Thinking, and More Resources. The main content area is a grid of 16 resource tiles, each with an icon and a label: COVID-19 Resource Center, Savings Center, MyStressTools, Training Center, Health, Financial, Webinars, Resilience, Legal, Relationships, Emotional Wellbeing, Assessments, Personal Growth, Legal Forms, Recipes, and Health Videos. A Calculators tile is positioned below the grid. On the right side, a chatbot interface for Tess is visible, showing a greeting "Hi there, ready to begin?" and a text input field labeled "Write a message...".

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Assistance? 800-395-1616
Emotional wellness support by text? "Hi" to 650-825-9634

Featured this month:
Find Your Joy!

Webinar Tip: Positive Thinking More Resources

COVID-19 Resource Center Savings Center MyStressTools Training Center

Health Financial Webinars Resilience

Legal Relationships Emotional Wellbeing Assessments

Personal Growth Legal Forms Recipes Health Videos

Calculators

Tess

Hi there, ready to begin?

Write a message...

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Financial Services

Financial Services

Whether planning for the unexpected or for an immediate need, we offer proactive financial coaching and resources to set the member up for the future. From budget planning, college savings programs, and retirement savings, we guide members on the right path. 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.

Online Calculators

Use 100s of interactive calculators to crunch numbers on everything from auto loans to savings goals.

[HOME](#) | [SITE FEEDBACK](#)

[RETURN TO WWW.UPRISEHEALTH.COM](#) | [MY ADVANTAGE](#) | [PROFILE](#)



SEARCH

Assistance? 800-395-1616
 Emotional wellness support by text? "HI" to 650-825-9634


 Featured this month:
Find Your Joy!

[Webinar](#)

[Tip: Positive Thinking](#)

[More Resources](#)


 COVID-19 Resource Center
[go](#)


 Savings Center
[go](#)


 MyStressTools
[go](#)


 Training Center
[go](#)


 Health
[more](#)


 Financial
[more](#)


 Webinars
[go](#)


 Resilience
[go](#)


 Legal
[more](#)


 Relationships
[more](#)


 Emotional Wellbeing
[more](#)


 Assessments
[go](#)


 Personal Growth
[more](#)


 Legal Forms
[go](#)


 Recipes
[go](#)


 Health Videos
[go](#)


 Calculators
[go](#)

Tess
 ✕


 Hi there, ready to begin?

Write a message...

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Legal Services

Legal Services

For those members that need legal counsel, we offer consultative sessions by phone or in person with a local attorney, as well as discounted legal fees and access to our online legal forms. Financial services including 30-days of access with a personal money coach to help member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

Online Legal Forms

Access free personal and business forms and legal library that includes articles, legal definitions, Tips, Q&A and a variety of legal information. Easily create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

HOME | SITE FEEDBACK

RETURN TO WWW.UPRISEHEALTH.COM | MY ADVANTAGE | PROFILE

uprisehealth

SEARCH

Assistance? 800-395-1616

Emotional wellness support by text? "HI" to 650-825-9634

Featured this month:
Find Your Joy!

Webinar

Tip: Positive Thinking

More Resources


COVID-19 Resource Center
go >


Savings Center
go >


MyStressTools
go >


Training Center
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Health
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Financial
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Webinars
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Resilience
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Legal
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Emotional Wellbeing
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Assessments
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Personal Growth
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Legal Forms
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Recipes
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Health Videos
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Calculators
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Tess

Hi there, ready to begin?

Write a message...

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Work-Life Balance

Child, Adult, Elder Care Services

- Free telephone access to speak with our care team to answer questions and help you find local services
- Child resources included daycare, summer camps, private schools, adoption, tutoring and other child services
- Adult and elder care include help with resources for scheduling transportation, meals, exercise classes, in-home and day-care, and residential programs

HOME | SITE FEEDBACK

RETURN TO WWW.UPRISEHEALTH.COM | MY ADVANTAGE | PROFILE

uprisehealth


SEARCH

Assistance? 800-395-1616

Emotional wellness support by text? "Hi" to 650-825-0634


Featured this month: Find Your Joy!

Webinar Tip: Positive Thinking More Resources




COVID-19 Resource Center

go >




Savings Center

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MyStressTools

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Training Center

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Personal Growth

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Legal Forms

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Recipes

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Health Videos

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Calculators

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Tess

Hi there, ready to begin?

Write a message...

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Online Peer Support Groups

Employees can join online support groups with others who have similar issues to share ideas, support, and encouragement.

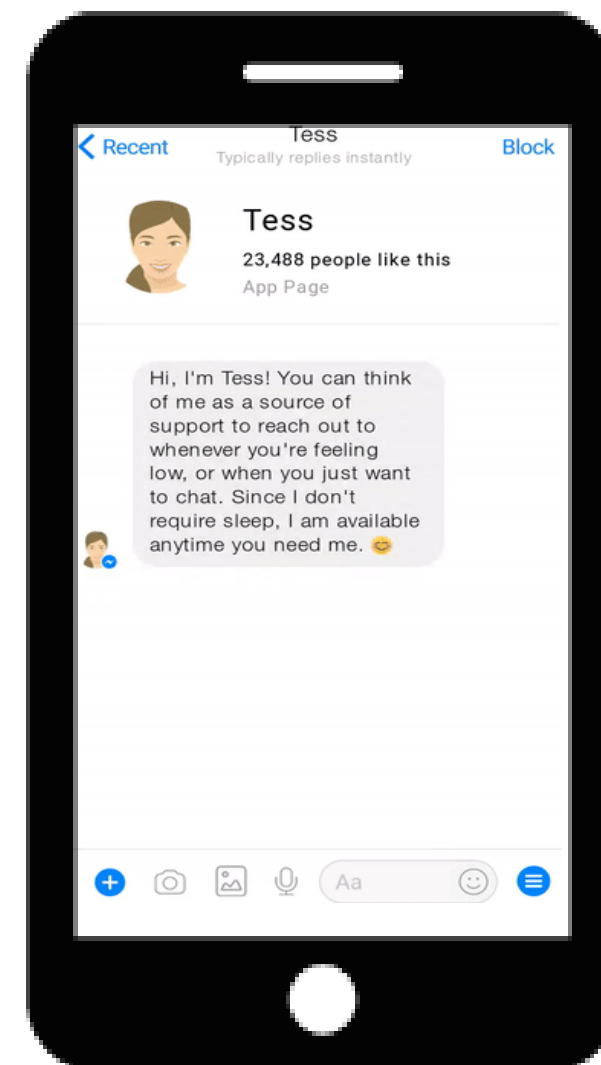
Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches:

- Addiction Recovery
- Anxiety
- Depression
- Front Line Employees/First Responders
- Grief and Loss
- Parenting



Emotional Support & Check Ins

- 24/7 chatbot for emotional support and check-ins to boost wellness.
- Helps build resilience and self awareness by practicing coping skills.
- Reminders and check-ins helps reinforce skills learned.
- The more chats with Tess, the more she will learn needs and preferences.





Thank you

Connect with the EAP

800.395.1616

uprisehealth.com/members

