



## EAP Plus with Coaching

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.

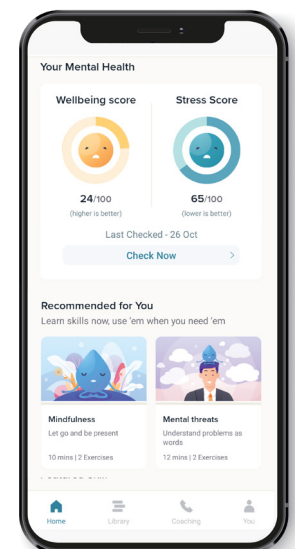
### We Are Here to Help

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

### EAP Plus Program

**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 for CBT-based courses.
- Skills training to develop your resilience, stress management, and mental fitness.
- Up to 8 sessions with a coach via phone or unlimited asynchronous chat.
- Visit [uprisehealth.com/members](https://uprisehealth.com/members) to get started.
- Create an account with your email and your access code: **OEBB**



## EAP Services for Employees & Families

### Confidential Therapy

Up to 8 face-to-face, video or telephonic therapy 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

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

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
- Making Employee Referrals
- Education and Training
- Drug-Free Workplace
- Organizational Development
- Conflicts In The Workplace

## We Are Here to Help

To find out more about your EAP, schedule a therapy appointment, or get a referral for services call Uprise Health at **833-506-0376** or go to the member Website at **members.uprisehealth.com**.



To access online resources, go to **members.uprisehealth.com** and then enter your Access Code: **OEBB**