



Uprise Health
EAP - Employee Assistance Program
2022-23 Plan Year

EAP Services (Covered under PEPM Rate)	
Digital Behavioral Health Self-guided Tools and Coaching	This is an app-based tool that provides intelligent, on-demand skill-building courses personalized to each user. Based on their individual needs & preferences, using their answers to their 11-question Emotional Wellbeing Check, members are provided a wellbeing score and a stress score, along with next steps for support in many areas, such as relationships, sleep, stress, etc. Four (4) sessions of coaching are also available for added support.
Counseling (6 visits)	Face-to-face or telephone counseling for each new issue, including family, relationship, stress and other common challenges.
Online Peer Support Group	10 sessions provided at no cost to the member. Groups are confidential and led by Certified Peer Specialists or Recovery Coaches. Topics include: Addiction Recovery, Anxiety, Grief, Depression, Parenting Support and Frontline Employees.
Tess - Emotional Support Chatbot	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 help reinforce skills learned. The more chats with Tess, the more she will learn needs and preferences.
Adult and Eldercare Services	Adult and eldercare specialists assist in finding quality information and services including transportation, meals, exercise, activities, in-home care, day care and housing.
Career Consultation	Face to face counseling sessions for career transition issues.
Childcare Services	Childcare professionals provide information and support on parenting, school issues and other important issues for parents.
Crisis Consultation	Toll free 24-7 access for immediate telephone support for all household members experiencing a crisis.
Financial Services	Free telephone support for financial issues such as debt counseling, budgeting or retirement planning. Work with a Financial Advisor for 30 consecutive days. Web site information also available.
Identity Theft Recovery Services	Support and help in planning identity recovery and credit following an incident or theft.
Legal Services	A free, half-hour consultation, by telephone or in person, followed with a 25% discount in legal fees for non-work-related issues.
Personal Advantage	Interactive Work/Life Web site, library of wellness information, assessments and trainings; accessed through MyRBH.com.
Personal Mediation Services	Free 30 minute consultation (in person or telephone) for non-work related issues, such as divorce, neighbor disputes or real estate. There is a 25% discount if a personal mediator is retained.
Supervisor Consultation	Unlimited telephone consultation for managers seeking guidance for employees with job performance or drug/alcohol issues.
Substance Abuse Case Management	Management referral of employees for substance abuse case management and DOT evaluations.
Bereavement Counseling	Worksite group and individual sessions to help employees deal with the death or significant illness of a co-worker.
Critical Incident Stress Debriefings	Worksite group session and individual sessions to help employees deal with traumatic events.



**Uprise Health
EAP - Employee Assistance Program
2022-23 Plan Year**

Worksite Services (Purchased Separately under Hourly Rate)	
Disaster Assistance	Worksite group and individual sessions in aftermath of pandemic health crisis, terrorism or national disaster. Fees based on event/request
DOT Reasonable Suspicion Training	Supervisor/Manager training to indentify substance abuse and reasonable suspicion indicators for Educational Entities under DOT regulations. \$500 per case
Educational & Wellness Seminars	Worksite educational seminars on health and work/life issues, such as time management, healthy eating, and work/life balance. \$250/hour
Employee & Supervisor Orientations	Worksite meeting to present and describe components and answer questions related to EAP. Onsite orientations \$250/hr
Employee & Supervisor Trainings	Topics include, stress, communication, emotional intelligence, substance abuse, respectful workplace, etc. \$250/hr
Leadership Wellness Seminars	Enhanced supervisor training regarding teambuilding, conflict resolution, domestic violence, etc. \$250/hr