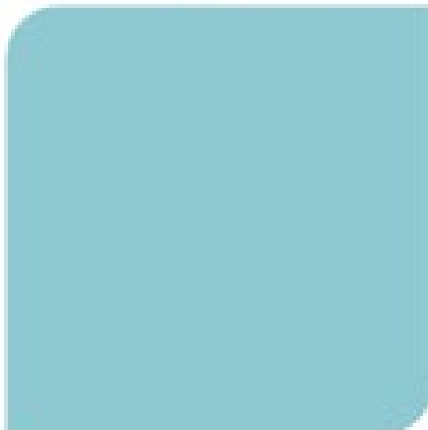
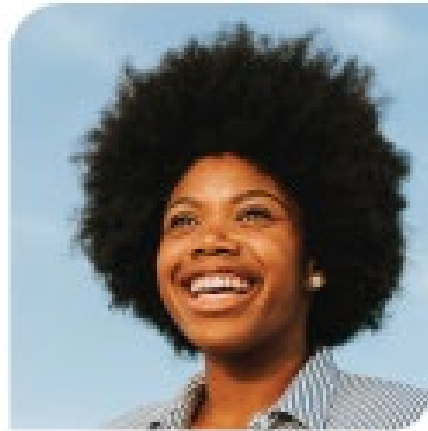




Digitally Enabled Employee Assistance Program (EAP)

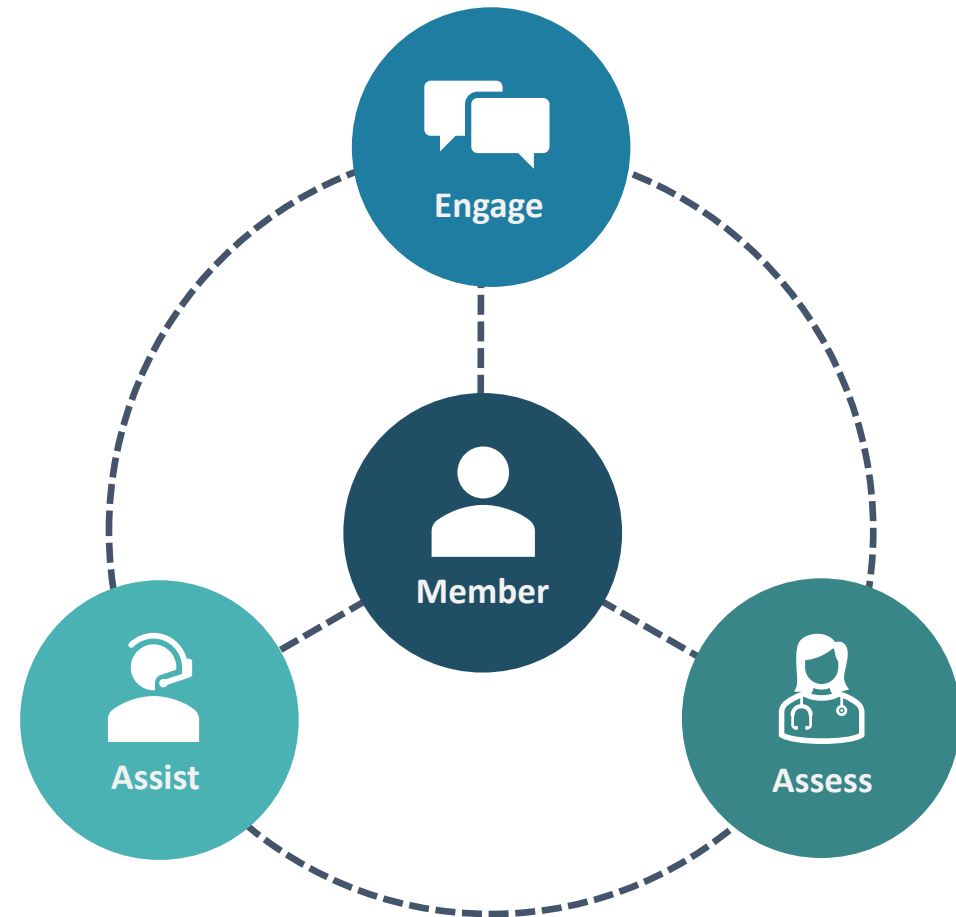
Employee Orientation



Overview

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

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



We all have problems. Usually, they affect our personal lives first.



2023-24 Benefit Year



▼ EAP Plus

- Short-term EAP Counseling – 8 sessions per incident
 - Time from referral request to virtual appt is 17 hours
- Coaching Sessions – 8 sessions per year
- 24/7 Crisis Support
- Unified Digital Platform with CBT-Based Courses and Exercises
- Member Portal/Resource Hub
- Work-Life Services
- Supervisor Resources

Short-Term Counseling

- Convenient, secure access to short-term counseling
- Phone and face to face sessions
- Member will be asked about their needs to be matched with a counselor
- Eligible for counseling sessions for each member of the household, including employee, spouse and unmarried dependents up to age 26



Digital Platform & Coaching

Wellbeing Check

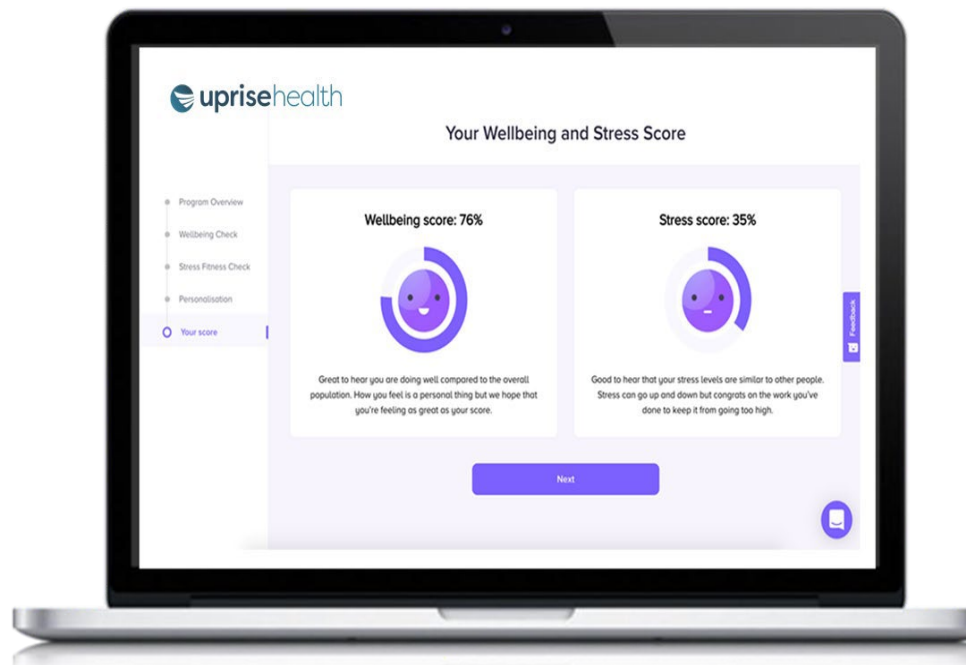
- 11 question wellbeing assessment
- Less than 5 minute to complete

Online Courses

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

Coaching

- Coaching sessions are scheduled on the app
- Eligible for 8 coaching sessions per year



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

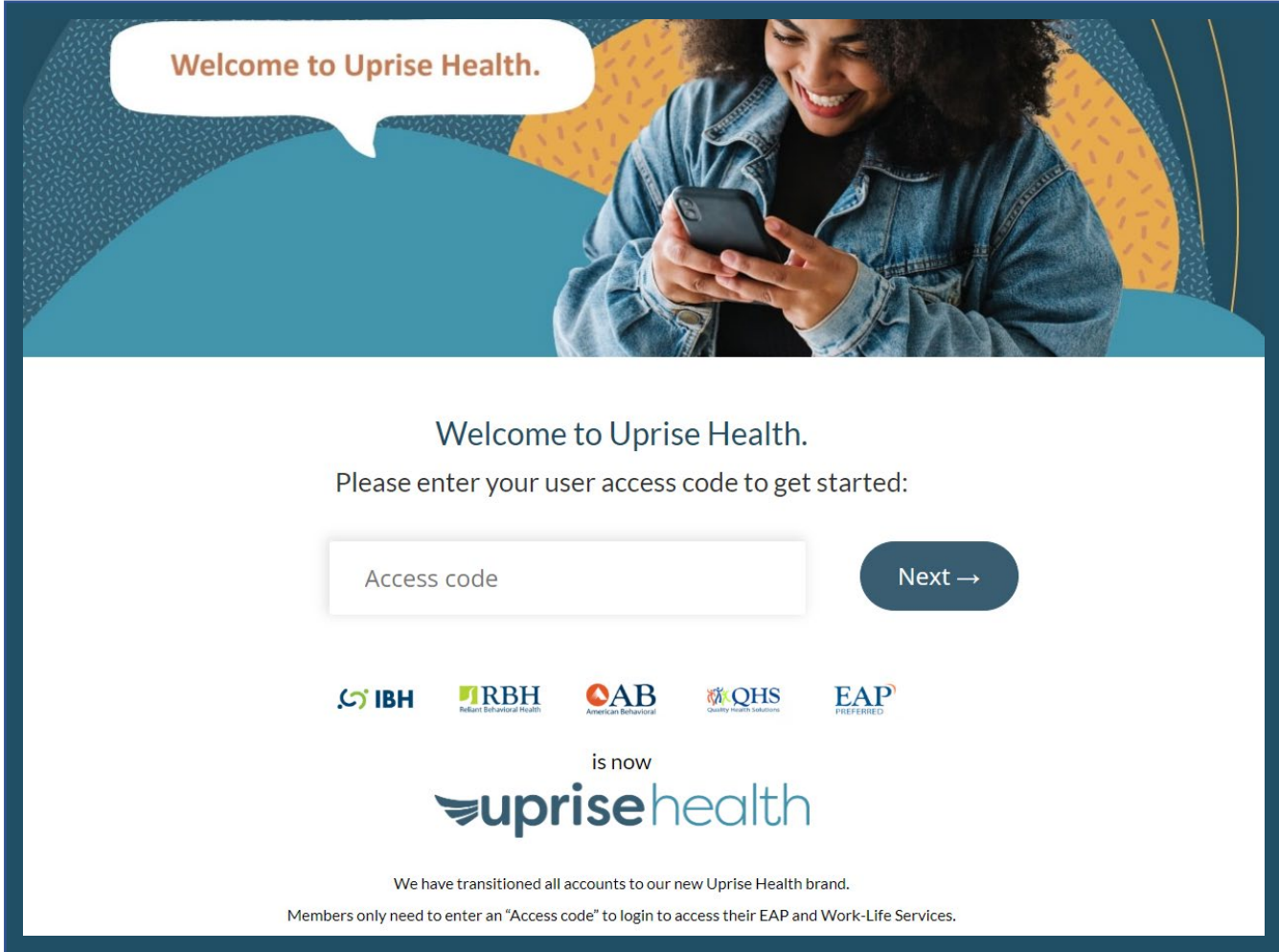


Login to Member Portal

www.members.uprisehealth.com

Enter your access code to view custom member page that shows you the phone number, number of counseling sessions and information about coaching

Access code: OEBB

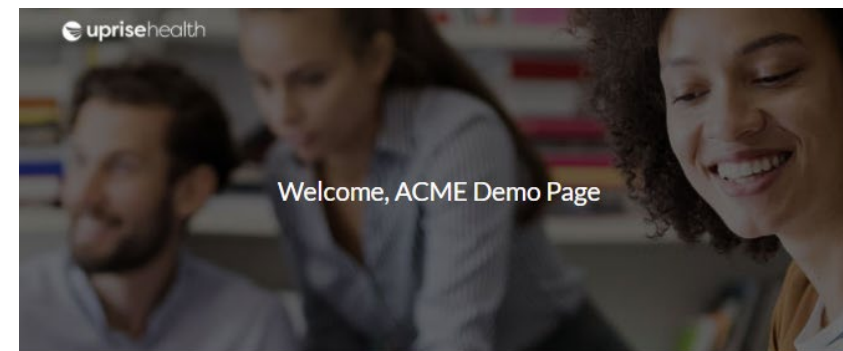


The screenshot shows the login interface for the Uprise Health Member Portal. At the top, a woman in a denim jacket is smiling while looking at her smartphone. A speech bubble above her says "Welcome to Uprise Health." Below this, the main content area has a white background with the text "Welcome to Uprise Health." and "Please enter your user access code to get started:". There is a text input field labeled "Access code" and a dark blue button labeled "Next →". Below the input field, there are five logos for partner organizations: IBH, RBH (Riant Behavioral Health), AB (American Behavioral), QHS (Quality Health Solutions), and EAP (Preferred). Underneath these logos, it says "is now" followed by the Uprise Health logo. At the bottom, there is a small text block: "We have transitioned all accounts to our new Uprise Health brand. Members only need to enter an 'Access code' to login to access their EAP and Work-Life Services."

Member Welcome Page

Your company name, phone number, number of counseling sessions and information about coaching services are displayed

This page also includes a link for Work-Life Sign-In that is set up with the same Access Code (OEBB)



Digital Mental Health Services

Your Digitally Enabled SAP 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 [online](#) or download the Uprise Health app on [Google Play](#) or [Apple App Store](#).
- Create an account with your email and the assigned employer code provided.
- 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.



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
- Child and Elder Care Services
- Training and Webinars

HOME | SITE FEEDBACK RETURN TO WWW.UPRISEHEALTH.COM | MY ADVANTAGE | PROFILE

uprisehealth SEARCH

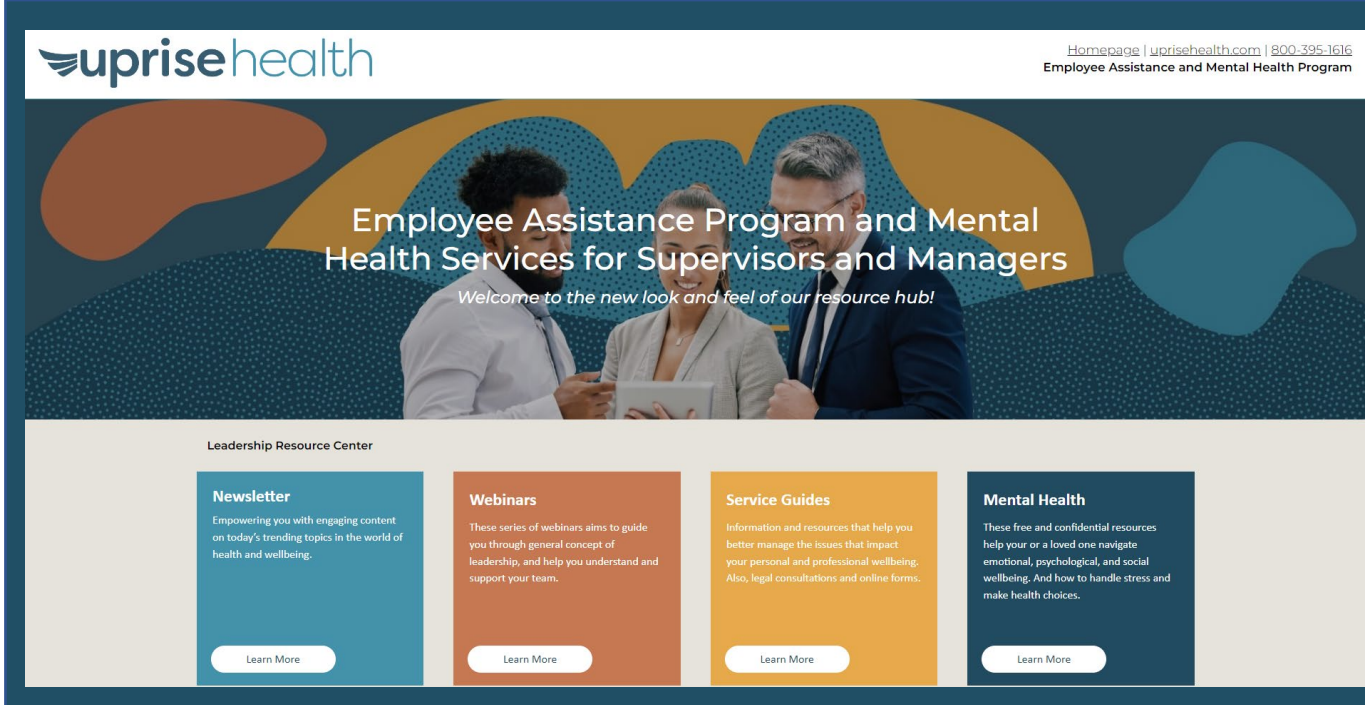
Assistance? 800-395-1616
Emotional wellness support by text? "HI" to 650-825-9634

Featured this month: Find Your Joy! Webinar Tip: Positive Thinking More Resources

 COVID-19 Resource Center go >	 Savings Center go >	 MyStressTools go >	 Training Center go >
 Health more v	 Financial more v	 Webinars go >	 Resilience go >
 Legal more v	 Relationships more v	 Emotional Wellbeing more v	 Assessments go >
 Personal Growth more v	 Legal Forms go >	 Recipes go >	 Health Videos go >
 Calculators go >			

Supervisor and Manager Resources

- Utilization Reporting
- Management Referrals
- Educational Trainings/Webinars
- Critical Incident Response Services



The screenshot shows the Uprise Health website interface. At the top left is the Uprise Health logo. At the top right, there are links for 'Homepage | uprisehealth.com | 800-395-1616' and 'Employee Assistance and Mental Health Program'. The main banner features a photograph of three professionals (two men and one woman) looking at a tablet together. Overlaid on the image is the text: 'Employee Assistance Program and Mental Health Services for Supervisors and Managers' and 'Welcome to the new look and feel of our resource hub!'. Below the banner is a section titled 'Leadership Resource Center' containing four colored boxes: 'Newsletter' (blue), 'Webinars' (orange), 'Service Guides' (yellow), and 'Mental Health' (dark blue). Each box contains a brief description and a 'Learn More' button.



Thank you

Connect with the EAP

800-395-1616

<https://members.uprisehealth.com>

Access Code: OEGB

