



**Uprise Health
EAP - Employee Assistance Program
2023-24 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. Eight (8) sessions of coaching are also available for added support.
Counseling (8 sessions per incident)	Face-to-face or virtual counseling for each new issue, including family, relationship, stress and other common challenges.
Online Peer Support Group	8 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 Members.uprisehealth.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. (Considered a legal service - See above legal services)
Management Referral	Unlimited telephone consultation for managers seeking guidance for employees with job performance or drug/alcohol issues.