



Coaching

Empower Your Workforce with Personalized Well-Being Support

Our Uprise Health app brings professional coaching directly to your employees—anytime, anywhere. Integrated with your EAP, this powerful tool offers confidential, one-on-one telephonic coaching sessions designed to support mental, emotional, and professional growth.

Key Benefits:



Personalized Coaching: Tailored guidance from certified coaches to help employees navigate stress, build resilience, and achieve personal and professional goals.



Seamless Access: Easy-to-use mobile platform ensures support is just a tap away—no waiting, no hassle.



Confidential & Secure: All sessions are private and HIPAA-compliant, ensuring a safe space for every employee.



Boost Engagement & Retention: Show your team you care with proactive, human-centered support that drives well-being and performance.

What to Expect from Well-Being Coaching through the EAP

Uprise Health coaches work with employees to target psychological and emotional well-being. They provide support to identify and manage stressors, build coping mechanisms, enhance emotional regulation, develop resilience and adaptability, and overall personal growth and fulfillment. Our coaches help employers and employees reach their goals of reducing anxiety and overwhelm, improving work-life balance, and strengthening mental toughness.

Support your team.
Strengthen your culture.
Elevate your organization.

For strategies to boost app engagement,
reach out to your Account Manager today!