

Coaching

When you're ready to move forward with focus and intention.

Your Employee Assistance Program (EAP) from Uprise Health offers coaching to help you build skills, strengthen emotional well-being, and make meaningful changes in your day to day life, all at **no cost** to you.

Coaching is confidential, practical, and centered on where you are now and where you want to go.

When is Coaching Helpful?

Coaching is a strong fit when you want tools, structure, and accountability to move forward, not just talk through challenges.

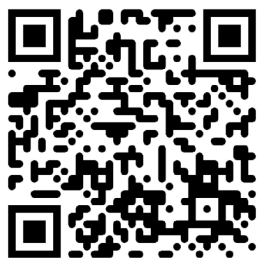
Through well-being coaching, members work on psychological and emotional well-being, building skills to manage stress, strengthen resilience, and improve balance in everyday life. Coaching supports personal growth by helping you better understand stressors, develop healthy coping strategies, and feel more equipped to handle challenges as they come.

How to Get Started

Coaching appointments can be booked directly by you in the **Uprise Health App**.

Use the mobile app on your phone or via web at app.uprisehealth.com.

Scan the code below, and sign up using your access code provided by your organization, then choose a coach and schedule your first call! Coaches are available by phone or chat.



Coaching is action-oriented and future-focused. Each session centers on:

- Clarifying goals
- Practicing practical skills
- Creating small, achievable steps
- Building confidence and follow-through

Over time, members often use coaching to reduce anxiety and overwhelm, improve work-life balance, and feel better equipped to handle everyday challenges.

Support You Can Trust

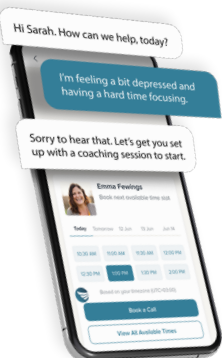
- Confidential and judgment-free
- Available to eligible members and household family members
- Coaching sessions provided at **no cost** to you

Coaching offers practical support for managing stress, building resilience, and feeling more in control.

Not sure whether coaching or counseling is the right fit for you?

Call us to speak with a **Member Care Navigator**, who can help you talk through your needs and determine the best path forward.

Call **800.395.1616**



Visit members.uprisehealth.com to explore all available services.