

Uprise Health App

Support, tools, and care—all in one place, whenever you need it.

Your Employee Assistance Program (EAP) from Uprise Health includes access to the Uprise Health App, a simple, secure way to connect with support, build skills, and take action on your well-being.

Whether you're looking to talk to someone, learn new coping strategies, or check in on how you're doing, the app makes it easier to get started and stay engaged—on your time.

When is the App Helpful?

The Uprise Health App is helpful anytime you want easy, on-demand access to support, tools, and guidance, such as:

- When you're feeling stressed, overwhelmed, or unsure where to start
- When you want to build skills for resilience, stress management, or mental fitness
- When you prefer flexible, self-guided support alongside coaching or counseling
- When you want quick, convenient access to EAP services in one place
- When you're looking for personalized recommendations based on your needs

How to Get Started

Visit web at app.uprisehealth.com or download the app on your phone.

Scan the code below, and sign up using your access code provided by your organization, then complete a well-being check, explore features, or schedule a coaching call.



What You'll Find

The app brings together care, coaching, and self-guided tools in one place to help you take meaningful steps forward:

- **Easy access to EAP services** so you can connect with support quickly
- **Confidential well-being check-ins** to better understand how you're doing
- **Personalized recommendations** based on your results and goals
- **Bite-sized, CBT-based courses** you can complete at your own pace
- **Skills training** to help build resilience, manage stress, and strengthen mental fitness
- **Coaching through phone or chat**, including flexible, on-demand messaging

From quick check-ins to deeper skill-building, you can choose the level of support that fits your needs in the moment.

Support You Can Trust

- Confidential and secure
- Available to eligible members and household family members
- Multiple ways to access support, all in one place

Your well-being support, personalized and always within reach.

