

Work-Life Resources

Find answers, tools, and support for everyday life the moment you need them.

Your **Employee Assistance Program (EAP)** from Uprise Health includes access to Work-Life Resources through the Personal Advantage portal, a self-guided, easy-to-use hub filled with thousands of articles, tools, courses, and webinars designed to help you find answers and take action on your own time.

Work-Life Resources give you the flexibility to explore what matters most to you, whether you're looking for quick answers, practical tools, or deeper learning on topics that impact your day-to-day life.

When are Work-Life Resources Helpful?

Work-Life Resources are helpful when you need guidance, information, or tools to manage everyday responsibilities and decisions, such as:

- Balancing work and personal responsibilities
- Navigating parenting, caregiving, or family needs
- Managing finances, budgeting, or planning for the future
- Handling major life transitions, like moving, career changes, or retirement
- Building skills for communication, time management, or stress management
- Supporting your health and well-being with reliable, easy-to-understand information

*If you're not sure where to start or need help beyond self-guided resources, call the EAP and a **Member Care Navigator** can help guide you to the right next step.*



How to Get Started

Access Work-Life Resources anytime:

- From the **Member Portal**, click "Work-Life Sign In"
- From the **app**, select "Work-Life"
- Or, login directly by visiting uprisehealth.personaladvantage.com

Support You Can Trust

- Confidential and secure
- Available to eligible members and household family members
- Accessible anytime, at **no cost** to you

Practical support you can explore at your own pace.

What You'll Find

Work-Life Resources are designed to meet you where you are, with a variety of ways to explore and engage:

- **Articles and guides** for quick, practical answers
- **On-demand webinars** and featured monthly sessions
- **Self-paced courses and training** for personal and professional growth
- **Assessments** to better understand your needs and goals
- **Interactive tools and calculators** to help you plan and make decisions
- **Curated learning centers** that bring together resources by topic

From quick tips to in-depth learning, explore at your own pace and revisit resources whenever you need them.