

A More Personal Way to Get Support

More support. Less searching. Faster access to care.

When you contact Uprise Health, help starts with one conversation. Our **Member Care Navigators** are here to listen, guide, and help you take the next step quickly and confidently. This enhanced care experience is designed to remove common barriers to care and make getting support easier, whether you're looking for counseling, work-life help, or family support.

What is a Member Care Navigator?

A Member Care Navigator is a trained support professional who works **one-on-one with you** to understand your needs and help you move forward. They provide personal guidance, handle coordination when needed, and stay connected so you're not left wondering what to do next.

Personalized Support from Start to Finish

Your Member Care Navigator helps make the path to care and support easier by offering guidance, coordination, and practical next steps. They can:

- Schedule an appointment with a licensed therapist
- Share curated resources tailored to your situation
- Help with family, caregiving, and work life needs
- Guide you to additional benefits and support options
- Provide follow through and continuity, so nothing falls through the cracks



Support for You and Your Family

As the benefits holder, you don't have to manage everything on your own. **Member Care Navigators** support the people you care about by helping identify needs, coordinate services, and connect your household to relevant counseling, caregiving, and family resources.

This approach recognizes that navigating care is often a shared responsibility, and provides support that reflects how families actually work.

How to Get Started

1. Call Uprise Health to connect with a Member Care Navigator.
2. Talk through your needs and choose how you'd like to move forward.
3. Leave the call with a clear plan, whether that's with a scheduled appointment or equipped with resources to explore or a checklist for next steps and more!

We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**