



My Personal Health Equity Check-In

A simple way to understand your needs, identify barriers, and take confident steps toward better care.

Understand Your Needs

- I have a primary care provider or trusted point of contact for my health.
- I feel comfortable asking questions during appointments.
- My care feels respectful, culturally sensitive, and aligned with my values.
- I can access mental health support when I need it.
- I have reliable ways to schedule and attend appointments.

Identify Barriers that Might be Affecting My Care

- Cost has caused me to delay or skip medical or mental health care.
- Transportation or distance makes it difficult to attend appointments.
- I've struggled to find childcare during medical visits.
- I've had trouble understanding medical information due to language, jargon, or unclear explanations.
- My work schedule makes accessing care difficult.
- I've felt unsure how to advocate for myself or navigate a complex care system.

Know Your Rights & Options

- I understand the key benefits included in my health plan.
- I know how to review or request a summary of my coverage.
- I know what accommodations (translation, virtual care, disability-related supports) are available to me.
- I know how to seek second opinions.
- I feel empowered asking for clarity on treatment plans, costs, or alternatives.

Strengthen My Family's Health & Well-Being

- I understand how fairness, identity, and access influence my family's health.
- I talk openly with my children (in age-appropriate ways) about fairness, empathy, and health.
- I model self-advocacy by asking questions and seeking help when needed.
- I know where to find kid-friendly resources on emotional health, identity, and resilience.

Next Steps: Take Action with Confidence

Know Your Coverage

- I know how to log in to my benefits portal and review what's covered.
- I understand my preventive care benefits (often fully covered).
- I know how to check if a provider is in-network.
- I know where to find cost estimates or ask about lower-cost options.
- I've reviewed what mental health and family support services are included.

Self-Advocacy Scripts to Use During Care

- "Can you explain this in simpler terms?"
- "What are the alternatives, and what do they cost?"
- "Is this the most affordable option available to me?"
- "I'd like to request a translator / written instructions / virtual visit."
- "Can we review my treatment options together?"
- "I'm not sure I understand — could you walk me through my next steps?"

How Uprise Health Can Support You

I know how to contact my Uprise Health Employee Assistance Program (EAP).

I've explored available services like counseling, coaching, and care navigation.

I know I can call for help understanding my benefits or finding in-network care.

I know Uprise Health can help me overcome barriers like cost confusion, scheduling issues, or difficulty locating resources.

I understand that my EAP is confidential and available for both personal and family needs.



We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**