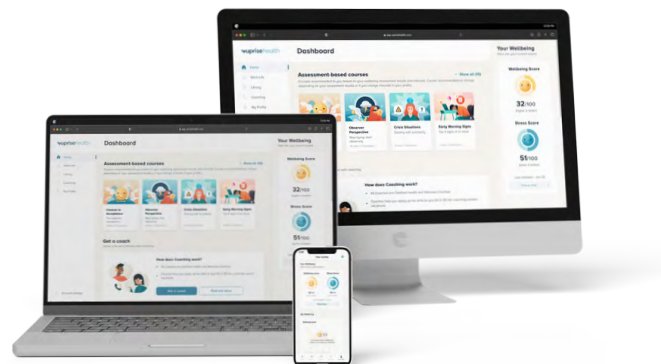


Welcome to a new era of comprehensive well-being!

We are excited to present the Uprise Health App.

Seamlessly integrated into our established Employee Assistance Program (EAP), this innovative app transforms the member experience and enhances well-being through advanced features:



Easy Access

Access EAP services and resources effortlessly through the app.

Confidential Well-Being Assessment

Check your well-being score confidentially and gain insights into your mental health.

Clinically Validated Well-Being Checks

Evaluate your well-being levels with scientifically validated assessments.

Personalized Recommendations

Receive personalized recommendations for CBT-based courses tailored to your needs.

Proactive Outreach

Receive proactive outreach if your well-being score indicates potential concerns.

Skills Training

Develop resilience, stress management, and mental fitness with specialized skills training.

Bite-Sized Training

Engage in bite-sized CBT-based courses directly from your desktop or mobile app.

Coaching Sessions

Free sessions per year with a coach via phone or unlimited asynchronous chat.



Getting Started

1. Scan the QR code below to download the **Uprise Health App**, or visit app.uprisehealth.com.
2. Create an account with your email and your **Employer Access Code**.
3. Complete the Well-Being Assessment, check your scores, and begin a recommended course.
4. Schedule a session with a coach via the app.

Scan the code to download the Uprise Health App!

