



We Are Here to Help in the New Year

The EAP Plus offers confidential advice, support, and practical solutions to real-life issues. Every month, you can find educational information on timely topics.

For the new year, we have resources on nutrition, poverty, and more. Access your confidential services by calling 1-800-395-1616 or online on the [Uprise Health Platform](#).



Nutrition Blog



Poverty Blog