



Digitally Enabled Employee Assistance Program (EAP) with Coaching

If your employer offers EAP benefits to your employment group, the benefits shown on this page are available to you and your family at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team or accessing online.

Digital Mental Health and EAP Platform

- Access is confidential. Take the Wellbeing Check and get a wellbeing score.
- Receive your own personalized recommendations.
- Take digital courses to develop your resilience, stress management, and mental fitness.
- Use up to **4 sessions** with a coach via phone or unlimited asynchronous chat.
- Visit app.uprisehealth.com or download the Uprise Health app on [Google Play](#) or [Apple App Store](#).
- Create an account with your email and the access code: **OEBB**

Mental Health and Wellbeing Services for OEBB Members & Families

- **Confidential Counseling:** up to **6** face-to-face, video, or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.
- **Online Group Sessions:** for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

- **24-hour Crisis Help:** toll-free access for you or a family member experiencing a crisis.
- **Tess, AI Chat-bot:** 24/7 chatbot for emotional support and check-ins to boost wellness.

Work-Life Services for OEBB Members & Families

- **Financial Help:** 30-days of access with a personal financial expert who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.
- **Legal Services:** one 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.
- **Legal Forms:** create, save, print, and revise online legal forms including wills, contracts, leases, and more.
- **Child & Parenting Services:** get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

- **Adult & Eldercare Services:** get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.
- **Webinars & Trainings:** industry experts will present monthly work-life webinars on a variety of topics.

EAP Services & Support for Supervisors

All supervisors have access to phone consultations and trainings about the EAP and management topics:

- Critical incidents
- Drug-free workplace
- Making employee referrals
- Organizational development
- Education and training
- Conflicts in the workplace

Contact Uprise Health:
members.uprisehealth.com
Access Code: OEBB
Call: 866-750-1327