

EAP and Work-Life Services - Basic

An Overview for Employees



Access the EAP
866-750-1327

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

The EAP Can Help with Almost Any Issue

EAP benefits are available to all employees and their families at NO COST to you. Help is just a phone call away. 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 a consultant.



EAP Services for Employees and Families

- ▶ **24-hour Crisis Help:** toll-free access for you or a family member experiencing a crisis.
- ▶ **In-person Counseling:** up to 4 face-to-face counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.
- ▶ **eAccess:** convenient access to online consultations with licensed counselors.



Online Resources at Uprisehealth.com

- ▶ **Uprisehealth.com:** the EAP includes access to online tools and educational resources to help make life easier.

Webinars	Current health news + movies
Monthly newsletters	Stress tools
Wellness resources	Financial calculators
Assessments	Legal resources
Self-directed courses	Retirement planning resources
Articles	Tip sheets
Healthy recipes	Child/elder care locators

- ▶ **Monthly Webinars:** Free monthly webinars. Once you are logged on by following the directions in the green box, click on the "Webinars" link to see upcoming webinars as well as register to participate.

Access Counseling and Benefit Information

CALL **(866) 750-1327**

TEXT Emotional Wellness Support: "Hi" to 650-825-9634

WEBSITE Uprisehealth.com

- Select **Members** from the menu at the top
- Enter your Access Code: **LifeMap**
- Click on: **Work-Life Sign In** (at the bottom)



Your EAP benefit is provided by your employer and delivered by Uprise Health.



Work-Life Services - Basic

Balancing Life at Work and Home

Your EAP provides a wide range of work-life balance services to help you survive a variety of challenges.

- › **Childcare Services:** childcare professionals provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.
- › **Adult and Eldercare Services:** specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.
- › **Pet Concierge:** participants can request pet packets on topics of pet selection, traveling, first aid, choosing a kennel and veterinarian, along with referral services for groomers, kennels, walkers, sitters and veterinarians.
- › **Legal Services:** access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.
- › **Financial Help:** 30 consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.
- › **Mediation Services:** request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.
- › **Online Legal Forms:** create, save, print, and revise online legal forms including wills, contracts, leases, and many more.
- › **Home Ownership Program:** get free support and information about making smarter choices when shopping for a new home, making financing decisions, relocating, or selling a home.
- › **Identity Theft Services:** access support in planning the recovery process for restoring your identity and credit after an incident.



EAP Services + Support for Supervisors

Managing people can be challenging. All supervisors have fast access to phone consultations, trainings about the EAP and management topics such as:

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

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