

# Help for what matters most

## Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance are available for assistance with family and personal issues online at [worklife.uprisehealth.com](https://worklife.uprisehealth.com) and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"><li>• Healthy living</li><li>• Stress management</li><li>• Mental health</li><li>• Diet and fitness</li><li>• Overall wellness</li></ul>	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Child and elder care</li><li>• Learning programs</li><li>• Special needs help</li></ul>	<ul style="list-style-type: none"><li>• Legal issues</li><li>• Will preparation</li><li>• Taxes and debt</li><li>• ID theft services</li><li>• Financial tools and assistance</li><li>• Medical bill negotiation tools</li></ul>

## Connect to a counselor for complimentary support services:

**Email:** [eapcounselor@uprisehealth.com](mailto:eapcounselor@uprisehealth.com)

**Phone:** 1-800-386-7055

Available 24 hours a day, 7 days a week\*

**Web:** [worklife.uprisehealth.com](https://worklife.uprisehealth.com)

(Access code: [worklife](https://worklife.uprisehealth.com))

\*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Uprise Health, and its contractors. Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in connection with or preparation for any action against Guardian, Uprise Health or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. (Future written communications may be in English only.) The Guardian Life Insurance Company of America, New York, NY. Uprise Health, Laguna Niguel, CA. Guardian® is a registered trademark of The Guardian Life Insurance Company of America and is used with express written permission. © Copyright 2022 The Guardian Life Insurance Company of America