

EAP with Coaching and Work-Life Services

What to Expect

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.

We Are Here to Help

Employee Assistance Program (EAP) benefits are complimentary to all employees and their families. 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.

Key Free Features:

- Therapy Sessions
- Coaching Sessions
- Peer Support Sessions

Services Overview

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

- In-person, virtual, and telephonic therapy sessions
- Confidential well-being assessments
- Virtual coaching sessions
- Financial guidance and legal consultations*
- Online peer support groups
- Work-life resources
- An Industry-leading app
- Skills training to develop your resilience, stress management, and mental fitness

How to get started

1. Scan the QR code to download the mobile app
2. Create an account with your email and access code: **worklife**
3. For the desktop app, go to app.uprisehealth.com
4. For more information, visit worklife.uprisehealth.com

Guardian will never ask you to provide sensitive personal information, including SSN/DOB, nor login via QR codes.

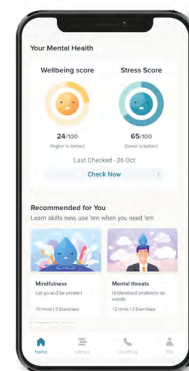


Available on:



Uprise Health App

- Get your own personalized recommendations for Cognitive Behavioral Therapy (CBT)-based courses.
- Access is confidential. Take an assessment and check your well-being score.
- **3** Sessions with a coach via phone or unlimited asynchronous chat.
- Easy access via phone, tablet, and computer!



EAP Services for Employees & Family Members

- **Confidential Therapy**
Up to **3** in-person, video, or phone therapy sessions for relationship, family, stress, anxiety, and common challenges.
- **Online Peer Support Groups**
Online groups for recovery, anxiety, depression, frontline workers, grief, parenting, and more.
- **24-Hour Crisis Help**
Toll-free access for you or a family member experiencing a crisis.
- **Tess, our AI Chatbot**
24/7 chatbot for emotional support and check-ins to boost wellness.
- **Legal Services and Forms**
One free 30-minute legal consultation per issue, 25% off hourly rates if you hire the attorney, and access to legal forms.
- **Financial Help**
Unlimited access to a personal money coach for financial wellness planning.
- **Family Services**
Parenting advice, school support, adoption, eldercare services, and more.
- **Webinars and Training**
Industry experts will present monthly work-life webinars on a variety of topics.

EAP Services & Support for Supervisors

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

- Critical Incidents
- Making Employee Referrals
- Education and Training
- Drug-Free Workplace
- Organizational Development
- Conflicts in the Workplace

We Are Here to Help

Reach out to Uprise Health to find out more about your EAP, schedule a therapy appointment, get a referral for services, and more!

Phone: **1.800.386.7055**

Website: **worklife.uprisehealth.com**

Access Code: **worklife**

*Legal/financial assistance & resources services are not available in the states of New York and Hawaii.

**Package cost paid by the employee. Package options available as of 1/1/22.

The Employee Assistance Program is a suite of services solely created and offered by Integrated Behavioral Health, Inc. (IBH), doing business as Uprise Health. Guardian is not responsible or liable for care or advice given by any provider or any service offering within the Employee Assistance Program or WillPrep Services. This information is for informational purposes only. It is not a contract. Only the plan service and administration agreements can provide the actual terms, services, limitations and exclusions. Guardian and IBH reserve the right to discontinue the Employee Assistance Program and/or WillPrep Services at any time without notice. Legal services provided through the Employee Assistance Program and WillPrep Services will not be provided in connection with or preparation for any action against Guardian, IBH, or your employer. The Employee Assistance Program, or any individual service offering within the Program, is not an insurance benefit and may not be available in all states.

WillPrep Services are provided by Uprise Health, and its contractors. The Guardian Life Insurance Company of America (Guardian) does not provide any part of WillPrep Services. Material discussed is meant for general informational purposes only and is not to be construed as tax, legal, medical, or financial advice. Guardian, its subsidiaries, agents and employees do not provide tax, legal, medical or finance advice. Consult your tax, legal, medical or finance professional regarding your individual situation.

The separate and distinct group insurance coverages are underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Guardian insurance coverages may not be available in all states. Guardian is a registered trademark of The Guardian Life Insurance Company of America. ©Copyright 2025 The Guardian Life Insurance Company of America.

8120305.1 (8/27)