Employee Assistance Program (EAP)

Employee Orientation
The University of Alabama in Huntsville

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Welcome To Your EAP

1. Summary of Services
2. Employee Assistance Program
3. Legal and Financial Services
4. Child and Parenting Resources
5. Adult and Elder Care Resources
6. Online Peer Support Groups
Overview

We all face challenges and every employee is different.

- Sometimes just a phone call or access to resources are needed
- Other times, counseling services are a better solution
- We connect your employees with the level of care they need
- Services are available to employees and dependents
- Round the clock, confidential access
We all have problems. Usually, they affect our personal lives first.

Without help, problems may grow into more serious issues that can affect work.

Unresolved issues may lead to dangerous or tragic outcomes at work or home.
Summary of Services

**Employee Assistance Program**
- Short-term counseling
- Crisis support
- Work-life issues
- Training, resources, videos

**Legal and Financial Services**
- Financial services
- Legal services
- Legal document preparation
- Online access to wills, trust, power of attorney, and more

**WorkLife Resources**
- Unlimited 24/7 online access
- Family and care giving
- Health and wellness
- Emotional wellbeing
- Daily living
- Child and parenting
- Adult and elder care services
- Webinars, articles and podcasts

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Short Term Counseling

- Convenient, secure access to short-term counseling
- Phone, video and face to face sessions
- Member will be asked about their needs to be matched with a counselor
- Eligible for up to **5 sessions per issue, unlimited issues per year** for each member of the household, including employee, spouse and unmarried dependents up to age 26
- Member can schedule their own appointment, or we can help with scheduling.
Work-Life Resources

Support for work-life issues that impact a members' ability to stay present and productive at work, including:

- Legal Services
- Financial Services
- Online Legal Forms
- Child and Parenting Resources
- Adult and Elder Care Services
- Training and Webinars
Financial Services

Financial Services
Whether planning for the unexpected or for an immediate need, we offer proactive financial coaching and resources to set the member up for the future. From budget planning, college savings programs, and retirement savings, we guide members on the right path. 30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

Online Calculators
Use 100s of interactive calculators to crunch numbers on everything from auto loans to savings goals.
Legal Services

For those members that need legal counsel, we offer consultative sessions by phone or in person with a local attorney, as well as discounted legal fees and access to our online legal forms. Financial services including 30-days of access with a personal money coach to help member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

Online Legal Forms
Access free personal and business forms and legal library that includes articles, legal definitions, Tips, Q&A and a variety of legal information. Easily create, save, print, and revise online legal forms including wills, contracts, leases, and many more.
Work-Life Balance

Child, Adult, Elder Care Services

- Free telephone access to speak with our care team to answer questions and help you find local services
- Child resources included daycare, summer camps, private schools, adoption, tutoring and other child services
- Adult and elder care include help with resources for scheduling transportation, meals, exercise classes, in-home and day-care, and residential programs
Employees can join online support groups with others who have similar issues to share ideas, support, and encouragement.

Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches:

- Addiction Recovery
- Anxiety
- Depression
- Front Line Employees/First Responders
- Grief and Loss
- Parenting
Emotional Support & Check Ins

- 24/7 chatbot for emotional support and check-ins to boost wellness.
- Helps build resilience and self awareness by practicing coping skills.
- Reminders and check-ins help reinforce skills learned.
- The more chats with Tess, the more she will learn needs and preferences.
We are here to help

Connect with the EAP
800.925.5327
uprisehealth.com/members