



## Employee Assistance Program

Connect to a counselor for complimentary support services

**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)

## Help for what matters most

Our Employee Assistance Program (EAP) 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.



### Health

- Healthy living
- Stress management
- Mental health
- Diet and fitness
- Overall wellness



### Family

- Parenting support
- Child and elder care
- Learning programs
- Special needs help



### Legal & Financial

- Legal issues
- Will preparation
- Taxes and debt
- ID theft services
- Financial tools and assistance
- Medical bill negotiation tools

## Support and guidance how and when you need it

- Unlimited access to support and helpful resources on our website, and you can consult with a professional counselor via telephone.
- Face-to-face or virtual counseling sessions with an Uprise Health network provider — and up to three sessions per issue per year are free of charge.
- Digital health coaching based on your unique needs and preferences.
- Free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter.
- Unlimited telephonic support for financial problems or planning needs, and referral for face-to-face for more complex issues are provided for a fee.

Connect to a counselor for free support services: 1-800-386-7055 (Available 24 hours a day, 7 days a week\*)  
Visit [worklife.uprisehealth.com](https://worklife.uprisehealth.com) (Access code: worklife)

\*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. 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. This information is for informational purposes only. It is not a contract. Only the plan service agreement can provide the actual terms, services, limitations and exclusions. Guardian and IBH 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, 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. 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.

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Your Employee Assistance Program through The Guardian Life Insurance Company of America and Uprise Health

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Cut here and save this convenient card.