

Employee Assistance Program

Guardian Integrated Behavioral Health

800-386-7055 | worklife.uprisehealth.com

Employee Assistance (EAP) Consultative Services

Face-to-face counseling— Up to 3 visits per employee/ household member per year

Telephonic counseling— Unlimited, 24/7 consultations with master's —and doctoral-level counselors

Bereavement— Support available through telephonic or face-to-face sessions; online resources available on EAP website

EAP website resources— Comprehensive website that includes articles, videos, FAQs, etc.; additionally, individuals can chat online with an EAP consultant or email an EAP counselor through the website.

Work/Life Assistance & Resources

WorkLife services— Unlimited 24/7 access to WorkLife specialists (subject matter experts) in the areas of : family and care giving, health and wellness, emotional wellbeing, daily living, balancing work and life responsibilities

Child and elder care referral— Unlimited telephonic consultation with a WorkLife specialist (part of WorkLife services)

Employee discounts— Access to discounts on a large number of products and services, from gym memberships to dental, vision and pharmacy items, entertainment, restaurants, computers, cars, and much more

Legal/Financial Assistance & Resources

Legal consultation— Unlimited telephonic support free initial 30 minute face-to-face consultation with an attorney, with a 25% discount on attorney services thereafter; online legal forms; extensive online law library

Financial consultation— Unlimited telephonic support for financial problems or planning needs; 30 days of financial coaching; extensive online financial library and calculators



ID theft— Free consultation with a trained Fraud Resolution Specialist that will assist with ID theft resolution and education; ID theft educational materials available online

Will prep— Online self-service documents available on EAP website; 30 minute consultation (part of Legal Consultation offering) can be used for estate planning/will preparation

Legal document preparation— Online self-service documents available on EAP website

Tax consultation— Tax questions only can be answered as part of the Financial Consultation offering

Connect to a counselor for free support services, available 24/7

Web: worklife.uprisehealth.com

Access code: worklife