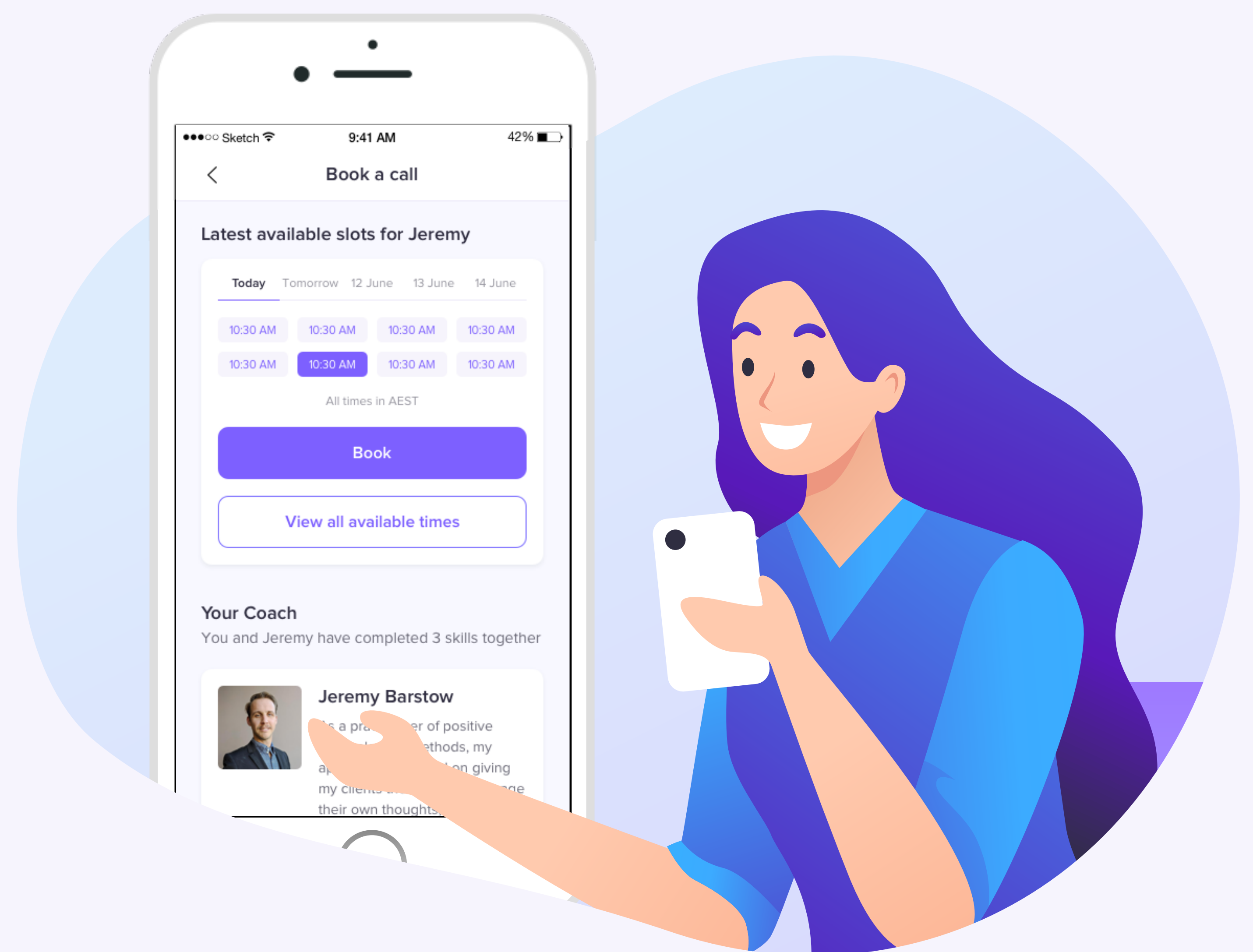


The Digital Health program is designed to help reduce stress and keep you healthy.

Bite-sized learning is available from your desktop or mobile app, and includes skills training to develop your resilience, stress management and mental fitness.



Skills Training



Coach Support



Confidential

How it works

- 1 Visit us.uprise.co or download the **Uprise IBH** mobile app
- 2 Create an account with your email and the employer code:
- 3 Take the assessment and check your wellbeing score
- 4 Receive your own personalized recommendations
- 5 Get started on your first mental fitness skill!

TCS

Watch videos, listen to audio and complete interactive exercises for the recommended skills determined by your personal preferences.

- 6 **Speak with a coach via phone or asynchronous chat**

Message your coach through asynchronous chat. You will receive a message back within one business day. Or, select your coach and schedule a phone appointment directly through the mobile app or web portal. You can also change your coach based on your preferences.

Download the app and
sign up now

