

# 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.



## Help with health

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



## Help with family

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



## Help with legal and financial

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

## 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)

\* 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.

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