Guardian · uprisehealth

Our Employee Assistance Program

Connect to a counselor for free support services

Email:
eapcounselor@uprisehealth.com

Phone: 1-800-386-7055
Available 24 hours a day,
7 days a week*

Web: worklife.uprisehealth.com
Access code: **worklife**

The Guardian Life Insurance Company of America
New York, NY

guardianlife.com

Help for what matters most

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues one at 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 planning 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.

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1-800-386-7055 (Available 24 hours a day, 7 days a week*)
Visit worklife.uprisehealth.com (Access code: worklife)

[Future written communications may be in English only.]

*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Uprise Health, and its contractors. Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program 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, Uprise Health or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. Uprise Health, Niguel, CA. File #2022-132483 (1/24) Pub 3525 GUARDIAN® and the GUARDIAN G® logo are registered service marks of The Guardian Life Insurance Company of America® and are used with express permission.

Cut here and save this convenient card.

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