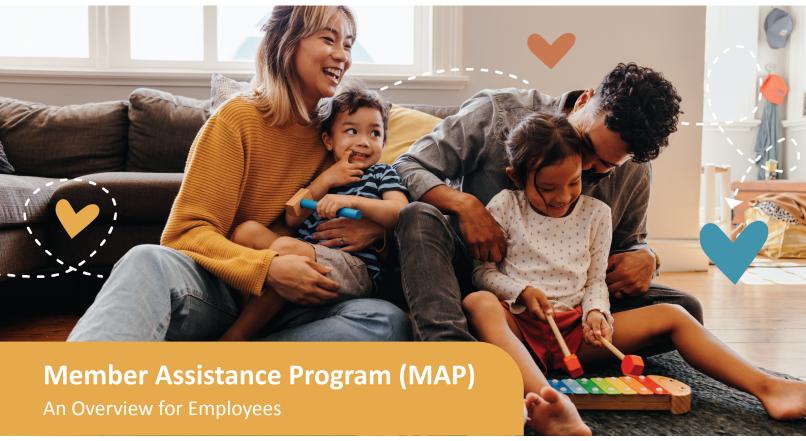
# **yuprise**health







Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

# We Are Here to Help

Member Assistance Program (MAP) benefits are available to all employees and their families at NO COST to you. The MAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team, or accessing online.

# **MAP Services for Employees & Families**

## **Confidential Counseling**

Up to **5** face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

#### **24-hour Crisis Help**

Toll-free access for you or a family member experiencing a crisis.

## **Online Peer Support Groups**

Online support groups for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

#### Tess, AI Chat-bot

24/7 chatbot for emotional support and check-ins to boost wellness.







# Your MAP provides a wide range of work-life services to help you manage a variety of challenges

### **Financial Help**

30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

#### **Legal Services**

One 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

### **Online Legal Forms**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

### **Child & Parenting Services**

Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

#### **Adult & Eldercare Services**

Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

### **Webinars & Trainings**

Industry experts will present monthly work-life webinars on a variety of topics.

## **MAP Services & Support for Supervisors**

Managing people can be challenging. All supervisors have fast access to phone consultations and trainings about the MAP and management topics:

• Critical Incidents

Drug-Free Workplace

- Making Employee Referrals
- Organizational Development
- Education and Training
- Conflicts In The Workplace

# We Are Here to Help

To find out more about your MAP, schedule a counseling appointment, or get a referral for services call Uprise Health at **1-855-697-7940** or go to the member website at **members.uprisehealth.com**.



To access online resources, go to members.uprisehealth.com and then enter your Access Code: NWLMAP