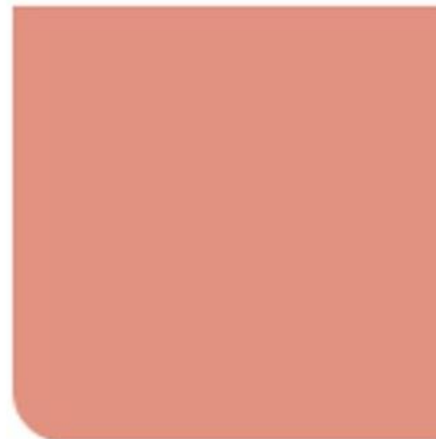
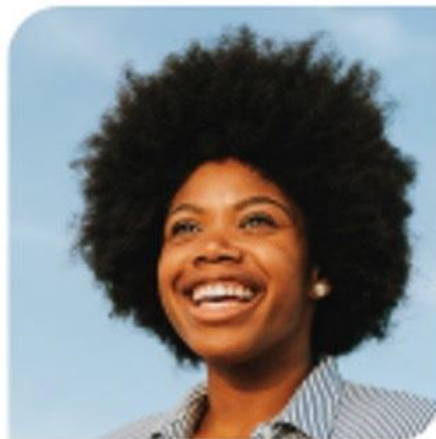




Employee Assistance Program (EAP)

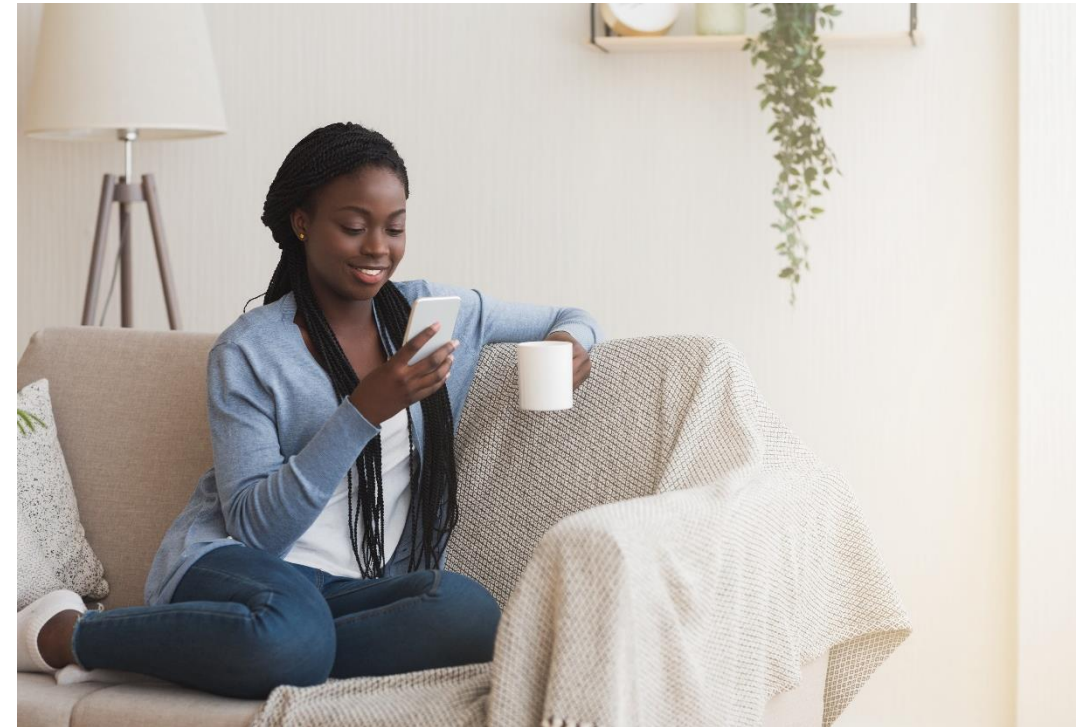
OEBB EAP 2022-2023 Program Year



What is an EAP?

We all face challenges... the EAP removes barriers

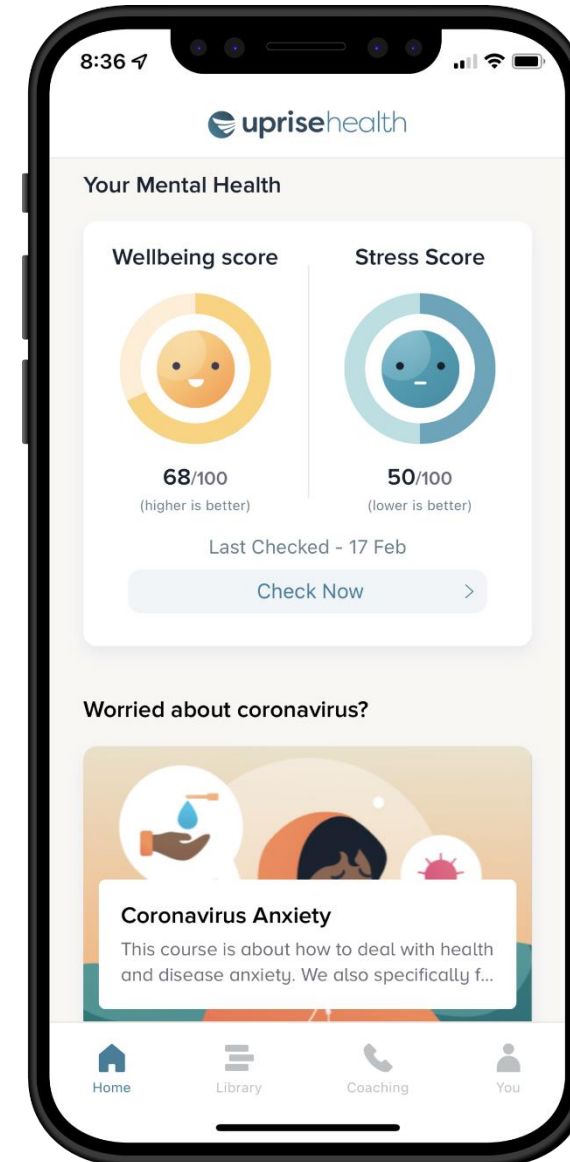
- Sometimes just a phone call or access to online resources are needed.
- Other times, counseling services are a better solution.
- Our team will connect the member with the level of care needed.
- EAP services are available to you and your dependents.
- Round the clock, confidential access.



Digital Health

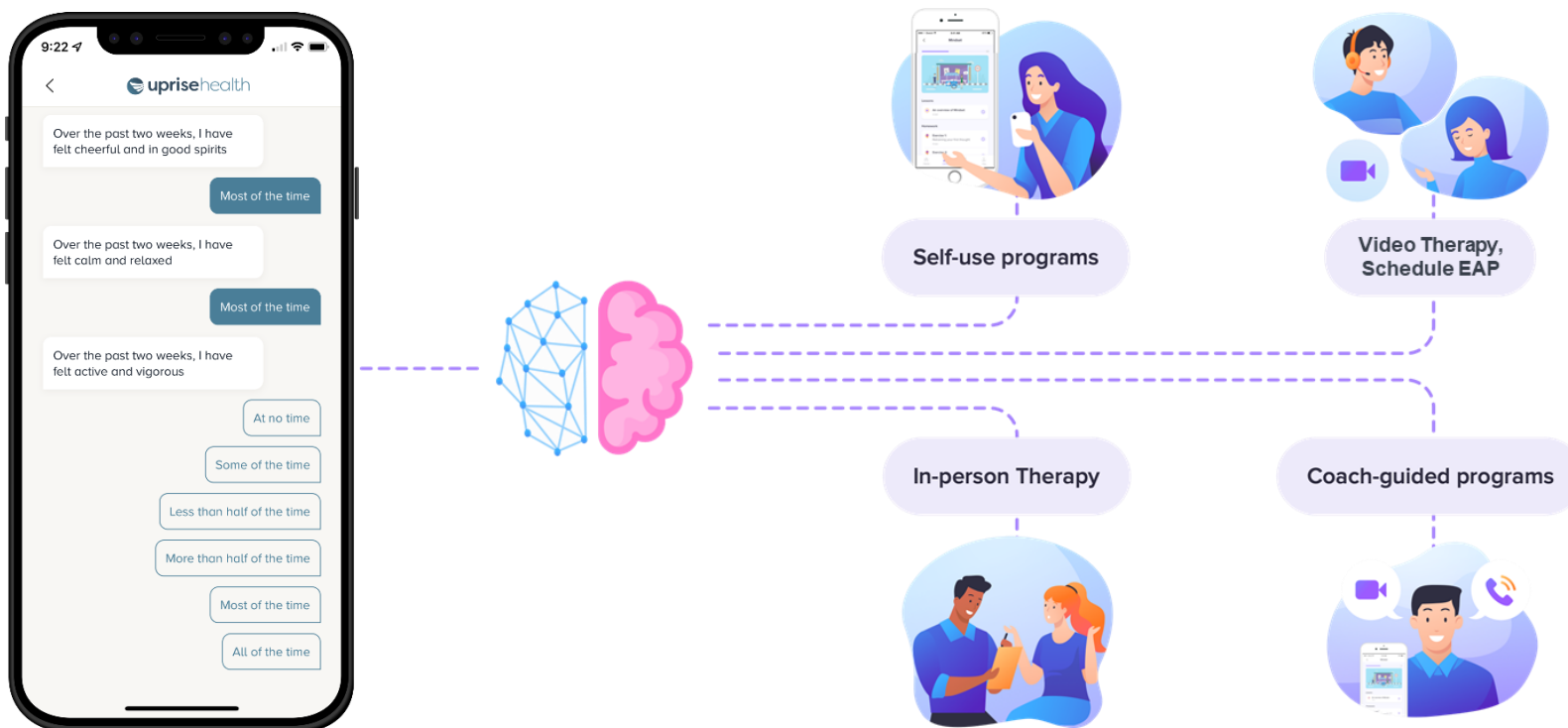
The Emotional Wellbeing Check provides recommendations based on risk, needs and preferences. Evidence-based courses provide support in the areas of:

- relationships
- sleep
- diet & exercise
- mindfulness
- stress management
- cognitive behavioral therapy
- and more



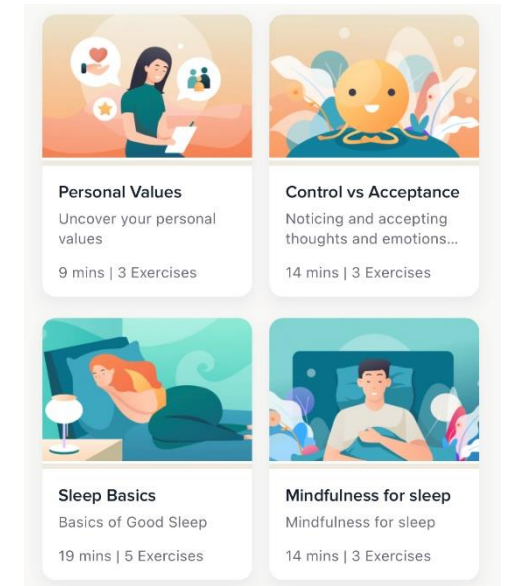
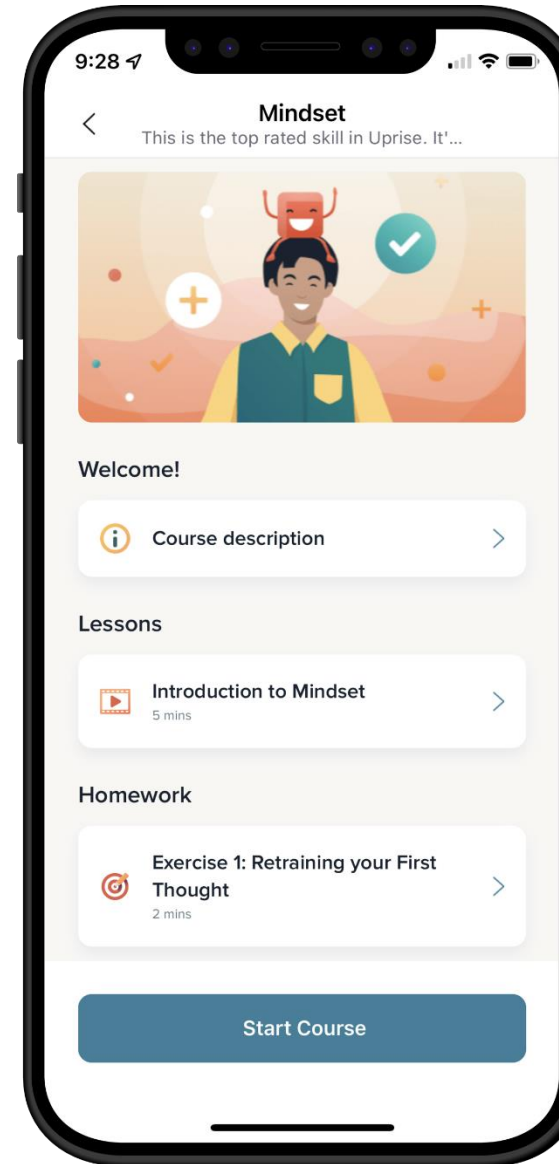
Stratify care based on risk/need

Evidence-based matches member with care based on needs and preferences



Digital Courses

- On-demand, evidence-based skills training.
- Members can access self-guided courses whenever they want on their mobile device or computer
- Users get access to a toolkit of proven skills based on range of conditions.
- Track progress over time and record achievements



Counseling

6 Session EAP Model for all entities

- Face-to-Face Sessions
- Phone, Video or Chat options
- No Co-Pays
- 24-Hour Crisis Help

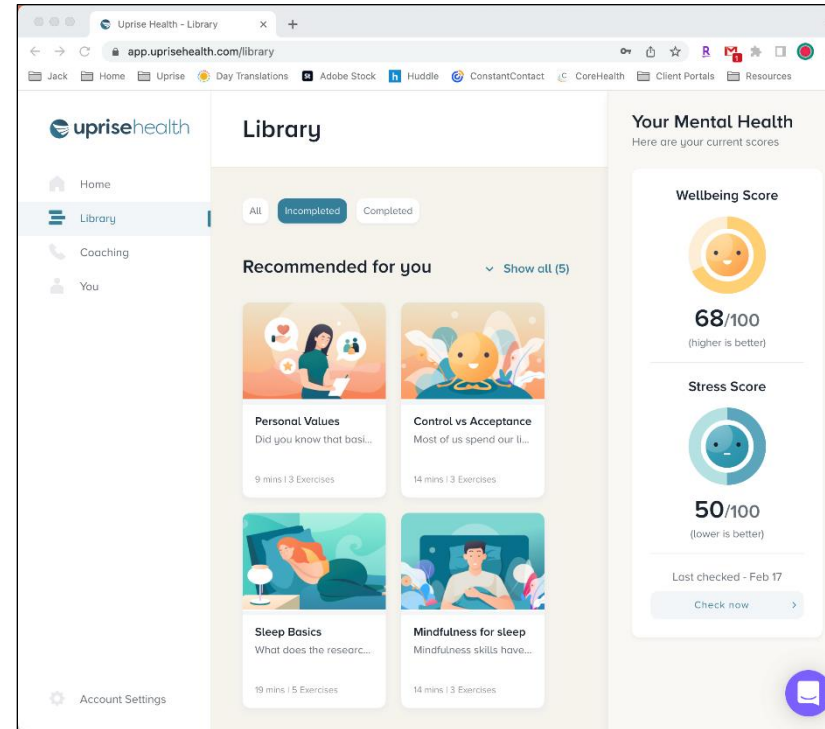
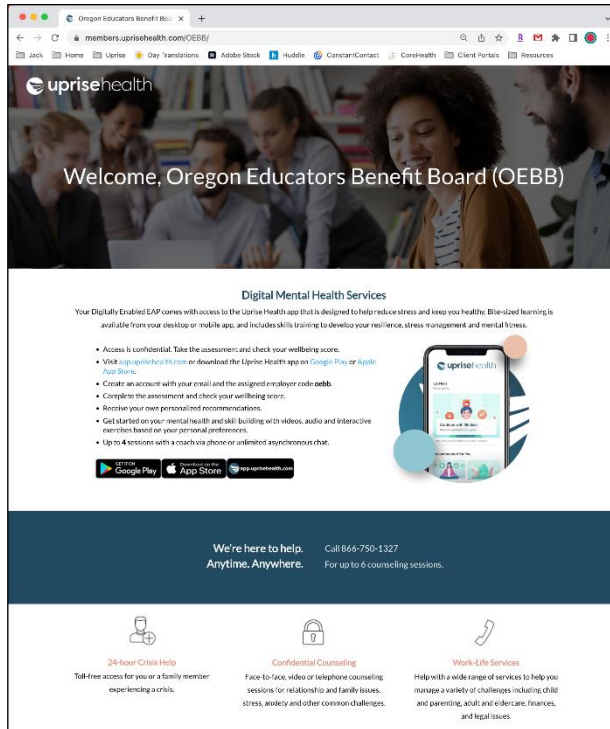


Work-Life Balance Resources

- Legal & Mediation
- Childcare, Adult & Eldercare
- Online Will Preparation
- Identity Theft Resources
- Financial Resources
- Personal Advantage Website
- Tess Chatbot
- Online Peer Support Groups



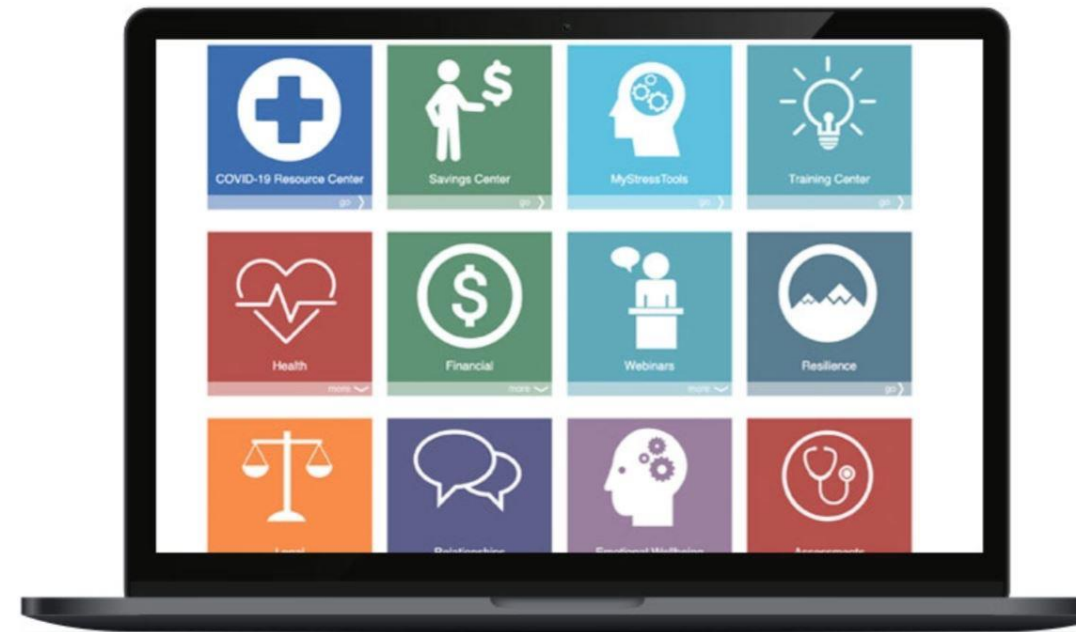
uprisehealth.com/members



Work-Life Portal

Organize tasks and resolve issues using
PERSONAL ADVANTAGE online work-life resources.

- Savings Center
- My Stress Tools
- Training Center
- Health
- Financial
- Webinars
- Resilience Journey
- Legal Resources/Forms
- Relationships
- Emotional Wellbeing
- Assessments
- Personal Growth
- Recipes
- Health Videos



Employer Services (included)

- Supervisor Consultations
- Management Referrals
- Webinars
- E-Newsletters
- Promotional Materials

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2022 Communication & Training Calendar

Stay up to date with the latest in empowering information for emotional and physical wellbeing, and trending topics for workplace leaders.

With a focus on positive outcomes through clinically validated methods and online tools, we help today's diverse workplace thrive by improving the lives of their members and families. The following is the communication and training calendar for 2022. Dates and topics are subject to change to accommodate current issues or events trending in the US.

JANUARY

WEBINAR: PERSONAL ADVANTAGE

NEWSLETTER: MEMBER

NEWSLETTER: SUPERVISOR

WEBINAR: SKILL BUILDING

Achieving Harmony: How to Maintain a Healthy Work/Life Balance: In this webinar you will learn how to recognize the signs of poor work life balance, create manageable goals, plan your time productively, and distinguish when you need support and how to get it.

Financial Health in 2022: Using your EAP and other resources for financial planning, budgeting and well-being assessment: what are the wellbeing and stress scores? What can you do about it?

Trending HR and Leadership Topics.

Personal Values: Uncover your personal values, and activities that align with them based on your personal recipe for happiness: your value system.

FEBRUARY

WEBINAR: PERSONAL ADVANTAGE

NEWSLETTER: MEMBER

NEWSLETTER: SUPERVISOR

WEBINAR: SKILL BUILDING

Family Ties: In this webinar, we will discuss communication skills and the ways in which children cope with life issues.

Heart Health Month: Heart disease, lifestyle, risk factors, mind-body health: What is coaching vs. counseling?

MARCH

WEBINAR: PERSONAL ADVANTAGE

NEWSLETTER: MEMBER

NEWSLETTER: SUPERVISOR

WEBINAR: SKILL BUILDING

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MAYNEWS 2022
empowering you with information for your emotional and physical wellbeing

Mental Health Awareness Month

CONTENTS

2 // Correcting Myths about Mental Health Conditions

3 // Understanding Grief and Trauma

4 // Is It Time For An Update On Your Wellbeing Check?

5 // Resources & Events

May is Mental Health Awareness Month.

This year's MHA theme for Mental Health Awareness Month is "Back to Basics." To help spread awareness during Mental Health Awareness Month, we are sharing valuable information and resources related to mental health and mental illness.





866.750.1327
https://link.uprisehealth.com/members
Access Code: OEAB

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MAY 2022

Employee Newsletter

May is Mental Health Awareness Month. This month's newsletter provides valuable information and resources related to mental health and mental illness.

ENGLISH | SPANISH

Supervisor Newsletter

A workplace newsletter with trending HR and leadership topics, product highlights, and this month's featured resources and events.

READ NOW

Skill Building Webinar

In this session we show you steps to changing the personal standards that cause self-doubt and self-criticism.

REGISTER NOW

Personal Advantage Webinar

This month focuses on grief, illness, and family caregiving. Click the "Watch Now" button, enter your access code, select "Work-Life Services" and "Webinar" to view.

WATCH NOW

Download the 2022 Communication and Training Calendar

Stay up to date with the latest empowering information for emotional and physical wellbeing, and trending topics for workplace leaders.

Connect with Uprise Health

Please visit our website uprisehealth.com/members or follow us on LinkedIn

Access Code: OEAB



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Employer Services: CIR'S (included)

Critical Incident Response (CIR) provided at no additional charge!

This important employer service provides for a counselor, upon request, to go onsite to conduct group counseling in the wake of a workplace tragedy.



Employer Services: Onsite or Virtual (optional)

- Supervisor Trainings
- Employee Trainings
- \$250/per hour if purchased as needed
- \$225/per hour if pre-purchased during “EE Plan Management Period”



Resilience Coaching

- Optional 1:1 Resilience Coaching will be available for entities to purchase as needed.
- Coaching is \$995 case. (Each case runs 8–10 sessions over 4–6 months.)



EAP Program Pricing Options

6 Sessions EAP Model

\$0.90 Per Employee Per Month



THANK YOU!

Contact

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E: Tanya.Baertsch@uprisehealth.com

