## **8** Guardian<sup>®</sup> · **>** uprise health

# **Employee Assistance Program Overview**

Our comprehensive Employee Assistance Program (EAP), available through Uprise Health, provides you and your family members with confidential, personal and online/web-based support on a wide variety of important and relevant topics — such as stress management, dependent/elder care, nutrition, fitness, and legal and financial issues.

#### Employee assistance program consultative services

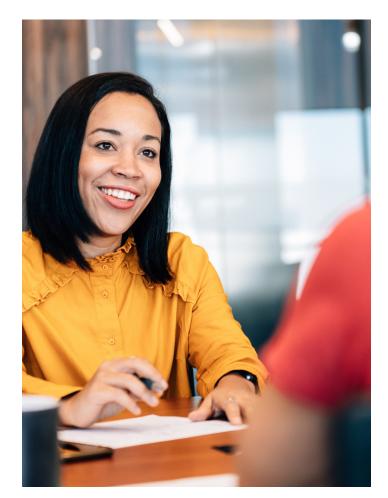
- Online modules and coaching learn, develop, and practice new skills to improve mental fitness; includes a well-being check, online modules selected specifically for you, and up to 3 coaching sessions
- Face-to-face and virtual counseling up to 3 visits per employee/household member per issue, per year
- Bereavement support available through telephonic or face-to-face sessions; online resources available on EAP website
- EAP website resources includes webinars, podcasts, articles, videos, FAQs, etc.; additionally, individuals can chat online with an EAP consultant

#### Work-life assistance and resources

- Work-life services unlimited 24/7 access to work-life specialists (subject matter experts) in the areas of family and care giving, health and wellness, emotional well-being, daily living, and balancing work and life responsibilities
- Child and elder care referral unlimited telephonic consultation with a work-life specialist (part of Work-life services)
- Employee discounts access to discounts on a large number of products and services, from gym memberships to dental, vision and pharmacy items, entertainment, restaurants, computers, cars, and much more
- Medical billing negotiation tools information and guidance
  on negotiating medical bills

#### Legal/Financial assistance and resources\*

- Legal consultation unlimited telephonic support and free initial 30-minute face-to-face consultation with an attorney, includes a 25% discount on attorney services thereafter; online legal forms; extensive online law library
- Financial consultation unlimited telephonic support for financial problems or planning needs; 30 days of financial coaching; extensive online financial library and calculators
- ID theft free consultation with a trained Fraud Resolution specialist that will assist with ID theft resolution and education; ID theft educational materials available online



- WillPrep online self-service documents available on EAP website; discounted estate planning package options available includes: \$100 attorney assisted will package, \$179 couples will package, \$649 individual trust package, and \$999 couples trust package\*\*
- **Tax consultation** tax questions only can be answered as part of the financial consultation offering
- Online self-service legal documents examples include, but are not limited to, living trust, will, power of attorney, deeds

#### worklife.uprisehealth.com

Access code: worklife Phone: 1-800-386-7055 24 hour crisis help available. Regular office hours: Monday-Friday 6am-5pm PST.

### The Guardian Life Insurance Company of America

#### guardianlife.com

New York, NY 2023-153421 (5/25) \*Legal/financial assistance & resources services are not available in the state of New York.

\*\*Package cost paid by the employee. Package options available as of 1/1/22.

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