



OEBO Insurance Committee Webinar Employee Assistance Program

Empowering Mental
Health and Wellbeing



A complete suite of population health solutions for comprehensive care



▼ EAP Plus

- Short-term EAP Counseling – 8 sessions per incident
 - Time from referral request to virtual appt is 17 hours
- Coaching Sessions – 8 sessions per year
- Unified Digital Platform with CBT-Based Courses and Exercises
- Member Portal/Resource Hub
- Work-Life Services
- Supervisor Resources
- 24/7 Crisis Support



DEI Current State and Ongoing Initiatives

Health Equity

Provider Demographics and Competency

- In our contracting process with our providers, we receive clinical competency specialty areas and populations served from them, including on the basis of race, ethnicity, languages spoken, location, LGBTQ+-identities and disability populations so members can request a provider with these clinical competencies.
- We also request their sexual orientation, gender identity and disability status if they are willing to share so members can request these specifics. This information is requested, but not required.
- The Uprise Health provider network is critical to our business and provides value to our customers. Therefore, we are in a continuous state of network expansion to ensure members have broad access to a diverse network of quality health care professionals – when and where they need it.



Thank you



Appendix

Short-Term Counseling

- Convenient, secure access to short-term counseling
- Eligible for 8 counseling sessions per incident
- Virtual and face to face sessions
- Counseling sessions are available for each member of the household, including employee, spouse and dependents



Digital Platform & Coaching

Wellbeing Check

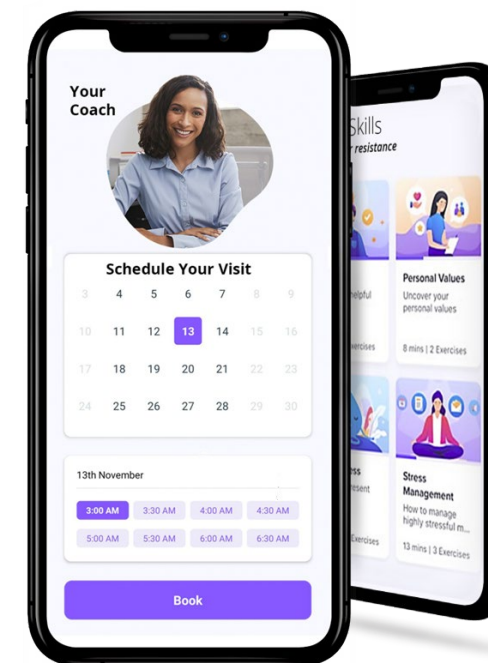
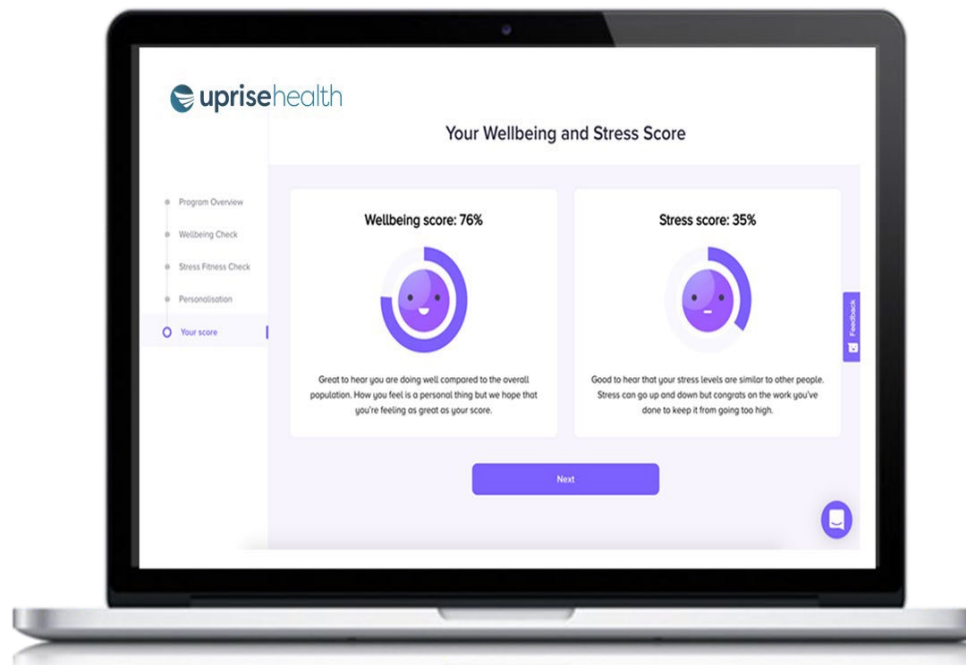
- 11 question wellbeing assessment
- Less than 5 minute to complete

Online Courses

- Access via the app or online
- Videos and interactive exercises

Coaching

- Coaching sessions are scheduled on the app
- Eligible for 8 coaching sessions per year



Online Peer Support Groups

Employees can join online support groups with others who have similar issues to share ideas, support, and encouragement.

Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches:

- Addiction Recovery
- Anxiety
- Depression
- Front Line Employees/First Responders
- Grief and Loss
- Parenting

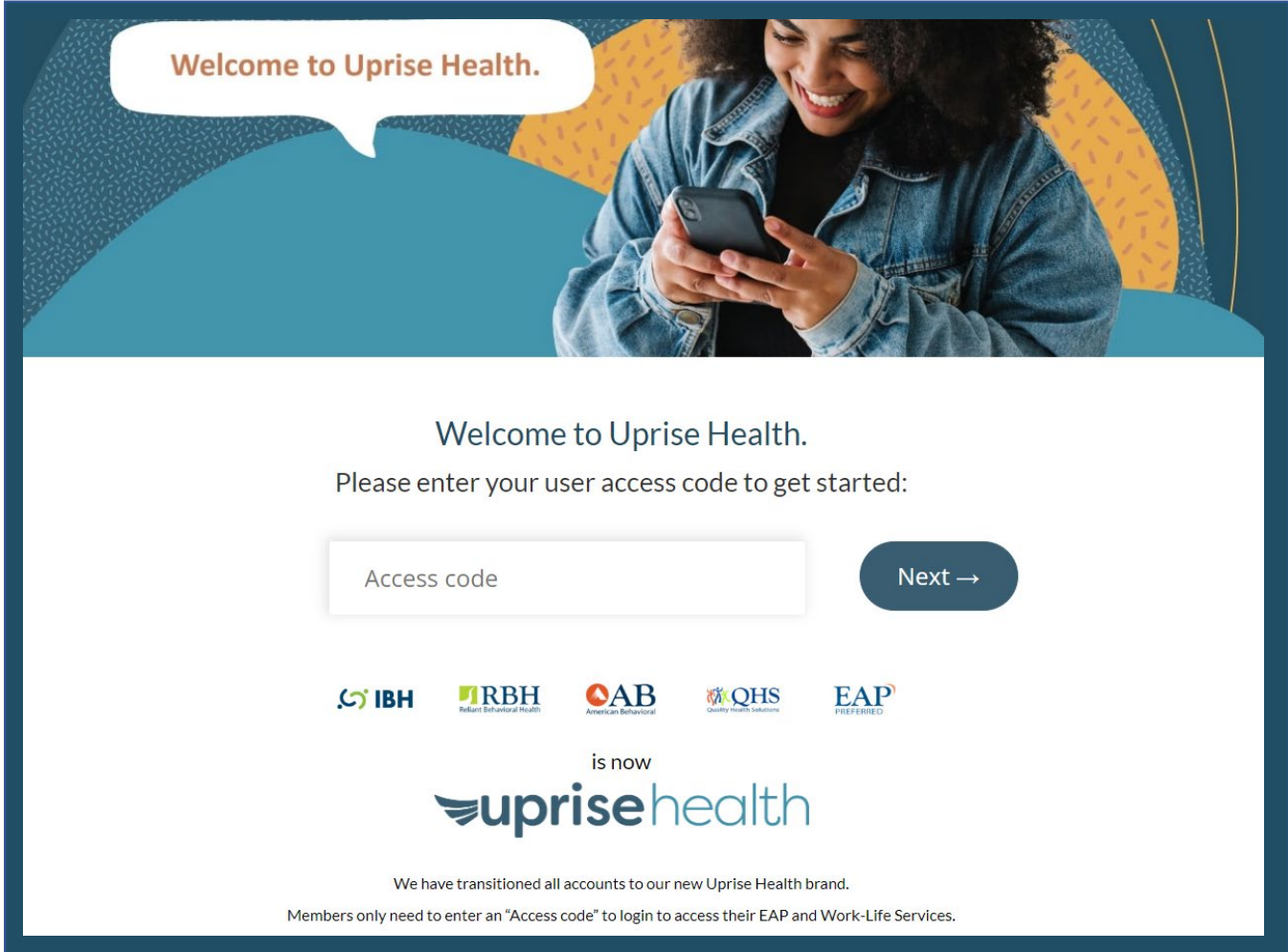


Login to Member Portal

www.members.uprisehealth.com

Enter your access code to view custom member page that shows you the phone number, number of counseling sessions and information about coaching

Access code: OEBB



The screenshot shows the Uprise Health Member Portal login page. At the top, there is a banner image of a smiling woman in a denim jacket looking at her smartphone. A speech bubble above her says "Welcome to Uprise Health." Below the banner, the text reads "Welcome to Uprise Health. Please enter your user access code to get started:". There is a text input field labeled "Access code" and a "Next →" button. Below the input field, there are logos for partner organizations: IBH, RBH (Reliant Behavioral Health), AB (American Behavioral), QHS (Quality Health Solutions), and EAP (Preferred). The Uprise Health logo is displayed below these, with the text "is now" above it. At the bottom, a message states: "We have transitioned all accounts to our new Uprise Health brand. Members only need to enter an 'Access code' to login to access their EAP and Work-Life Services."

Work-Life Resources

Support for work-life issues that impact a members' ability to stay present and productive at work, including:

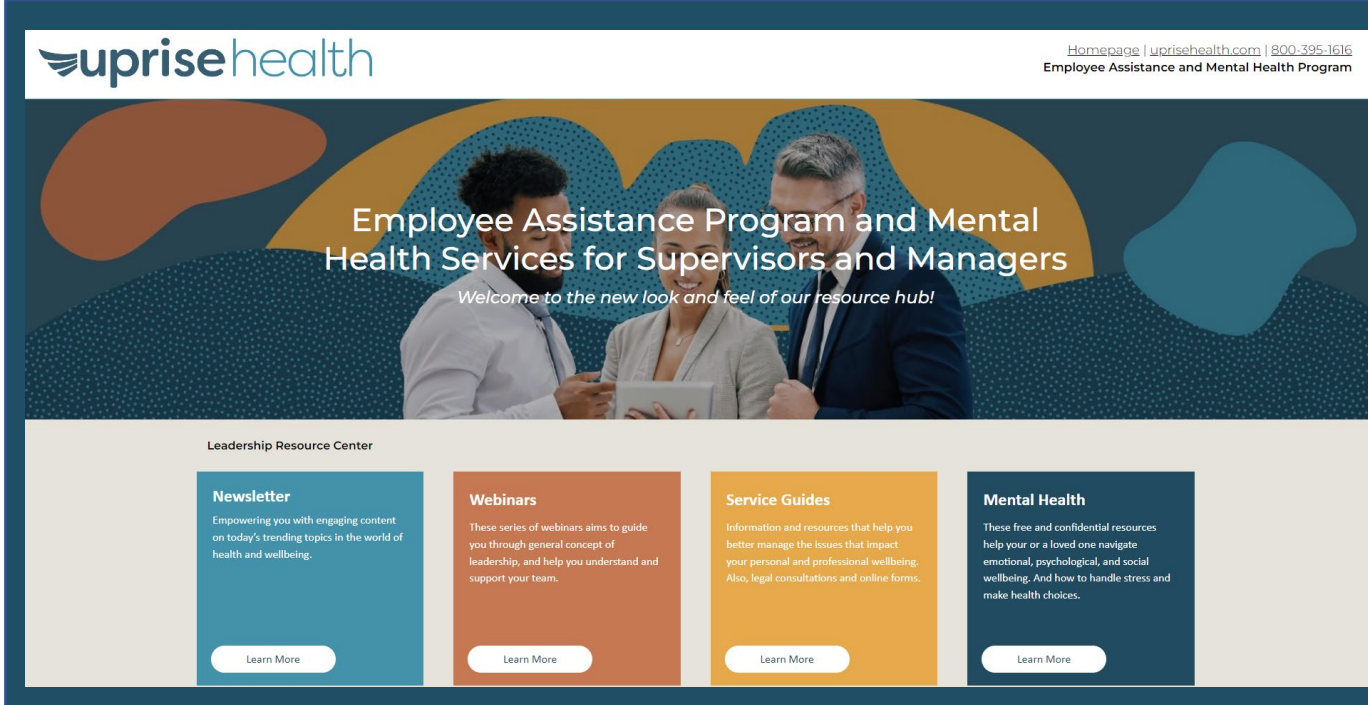
- Training and Webinars
- Financial Services
- Legal Services



The screenshot displays the Uprise Health website interface. At the top, there are navigation links: HOME | SITE FEEDBACK, RETURN TO WWW.UPRISEHEALTH.COM | MY ADVANTAGE | PROFILE. A search bar is located on the right. Below the navigation, there are contact numbers: Assistance? 800-395-1616 and Emotional wellness support by text? "HI" to 650-825-9634. A featured section highlights a webinar: "Featured this month: Find Your Joy!" with buttons for "Webinar", "Tip: Positive Thinking", and "More Resources". The main content area consists of a grid of 17 resource tiles, each with an icon and a label: COVID-19 Resource Center, Savings Center, MyStressTools, Training Center, Health, Financial, Webinars, Resilience, Legal, Relationships, Emotional Wellbeing, Assessments, Personal Growth, Legal Forms, Recipes, and Health Videos. A "Calculators" tile is positioned below the grid. Each tile includes a "go" button or a "more" dropdown menu.

Supervisor and Manager Resources

- Utilization Reporting
- Management Referrals
- Educational Trainings/Webinars
- Critical Incident Response Services



The screenshot shows the Uprise Health website interface. At the top left is the Uprise Health logo. At the top right, there are links for 'Homepage | uprisehealth.com | 800-395-1616' and 'Employee Assistance and Mental Health Program'. The main banner features a photograph of three professionals (two men and one woman) looking at a tablet together. Overlaid on the image is the text: 'Employee Assistance Program and Mental Health Services for Supervisors and Managers' and a sub-headline: 'Welcome to the new look and feel of our resource hub!'. Below the banner is a section titled 'Leadership Resource Center' containing four colored boxes: 'Newsletter' (blue), 'Webinars' (orange), 'Service Guides' (yellow), and 'Mental Health' (dark blue). Each box contains a brief description of the resource and a 'Learn More' button.

Connect with your EAP

800-395-1616

www.uprisehealth.com/members

Access Code: OEBC

