



## How is Your New Year Going?

We're three months in. We hope your new year is off to a great start!

If you need a little support, the EAP Plus can help with a variety of issues both professional and personal—from dealing with stress at work to elder care and emotional wellbeing. EAP Plus is a confidential resource and will provide guidance, assessment, and referral at no cost to you. Learn more on the [Uprise Health Platform](#).

