Email to Employees from HR/Leadership 

**Subject:** New Year, New You, New Us with Uprise Health!

Hi [Employee Name],

Happy New Year! A new year is ripe with possibilities. It’s a time where you can remember and celebrate last year’s achievements, start fresh with a clean slate, or set goals for the upcoming year. Uprise Health has made a big change for the new year! You might notice that all our materials have a fresh look and feel. We’re trying to look more like how we feel—positive, fresh, and engaging. We’re also prioritizing member experience, so we make your access to our information and services easier than ever.

To help you step into the new year on the right foot, Uprise Health Employee Assistance Program (EAP) Plus is here to connect you with supportive health and wellbeing tools including:

* Comprehensive educational resources
* CBT-based courses in the digital platform
* Online legal forms
* Online per support groups
* Confidential therapy
* 24-hour crisis help
* Financial help and legal services
* Dependent care services

To learn more about Uprise Health EAP Plus and all the services you can obtain to start your New Year, New You visit the Uprise Health [Member](https://eapplus-resources.uprisehealth.com/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign) Resources Hub.

**Materials specifically for the New Year, New You:**

* Download the [Uprise Health EAP](https://app.uprisehealth.com/sign-in/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign) Plus App and access self-guided Cognitive Behavioral Therapy (CBT) and skill-building courses, schedule time with a certified coach, and complete your Wellbeing Check to access your wellbeing and stress score instantly.
* [Get](https://eapplus-resources.uprisehealth.com/resources/season-specific/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign) tips for how to set smart and effective goals for the new year.
* [January’s](https://eapplus-resources.uprisehealth.com/resources/newsletter/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign) Newsletter is all about Nutrition
  + Service highlight: [Nutrition Tools](https://uprisehealth.personaladvantage.com/welcome.jsp?target=%2Fportal%2Fsubject%2F10000183/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign)
  + Digital course highlight: [Financial Worries](https://app.uprisehealth.com/library/course/35/lesson/overview/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign)
* January’s Skill-Building Webinar on January 19th will cover [Healthy Habits with Diet and Exercise](https://register.gotowebinar.com/register/3652688006135476317/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign)
  + Mark your calendar for the next skill-building webinar on March 16. It’ll cover Mindfulness and Mediation Series – Body Scan.
* Learn more about EAP Plus by visiting the [EAP Plus](https://eapplus-resources.uprisehealth.com/uprise-health-digital-eap-orientation/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign) Orientation Video and the [EAP Plus with Self-Guided Mental Health & Work-Life Services Flyer](https://eapplus-resources.uprisehealth.com/digitally-enabled-eap-with-self-guided-mental-health-work-life-services/?utm_source=member-explanation-email&utm_medium=email&utm_campaign=q1-member-campaign)

Remember, there is no cost associated to you and or your dependents to access all services provided by EAP Plus. And more importantly, it’s all confidential—no one needs to know but you. It’s never too early or late for a fresh start, so start today!