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EAP Benefits for You and Your Family

Supporting Your Well-Being at Every Step

Whether you're facing a challenge, building resilience, pursuing a goal, or caring for those you love, your Employee Assistance Program (EAP) provides confidential support, guidance, and practical resources to help you thrive. Through counseling, coaching, digital well-being tools, and work-life services, you and your eligible family members have access to valuable support at **NO COST**—because everyone deserves help when they need it most.

Counseling and Coaching

From everyday challenges to personal growth, your EAP provides confidential support when you need it most.

Confidential Counseling

Free, short-term counseling is available for stress, anxiety, relationship concerns, family challenges, grief, and other everyday issues. Appointments are available in person, by video, or by phone.

Confidential Coaching

Goal-focused support designed to help you strengthen resilience, improve well-being, navigate change, and develop skills that support personal and professional success.

Your EAP Includes:

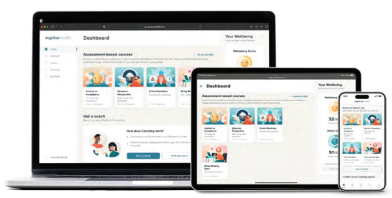
- **Counseling Sessions: 6** *(per incident, per year)*
- **Coaching Sessions: 6** *(per year)*
- **Access to the Uprise Health App**
- **Financial Wellness Support & Coaching** *(unlimited 1:1 coaching)*
- **Legal Resources & Consultations** *(free 30-minute consultation per issue)*
- **24/7 Crisis Support**
- **Coverage for Eligible Family Members**

All at no cost to you or your eligible family members.

Support at Your Fingertips

Uprise Health App

Access personalized well-being support anytime, anywhere from your phone, tablet, or computer.



- Complete a confidential well-being assessment
- Receive personalized recommendations and support
- Access skills-based programs and self-guided resources
- Build resilience and stress-management skills
- Connect with coaching support
- Track and support your well-being journey

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Work-Life Support for Everyday Challenges

Sometimes the right support doesn't mean talking to someone. Instead, all you need is access to trusted resources and expert guidance.

Financial Wellness Support

Unlimited access to financial coaching, tools, and resources for budgeting, financial planning, debt management, retirement preparation, and achieving your financial goals.

Child & Parenting Resources

Get information and referrals for childcare, school concerns, adoption resources, parenting support, and more.

Learning & Development Resources

Access on-demand webinars, self-paced courses, training, and curated learning centers to support personal and professional growth.

Legal Services

Get a **free 30-minute consultation** for each separate legal issue, legal forms and resources, 25% off attorney and mediator rates, and discounted will and trust packages.

Adult & Eldercare Resources

Access assistance with caregiving needs, senior services, housing options, transportation resources, and community programs.

Tools & Educational Resources

Explore articles, guides, assessments, interactive calculators, and decision-making tools designed to help you navigate challenges with confidence.

We're Here to Help.

Call: 800-834-3773

Access Code: masons of california

Visit: **claremonteap.com**

Uprise Health App: **app.uprisehealth.com** (or scan the code!)

BY PHONE

- Schedule counseling appointments
- Access crisis support
- Get connected to Financial and Legal services
- Receive help finding resources

IN THE UPRISE HEALTH APP

- Check in on your well-being
- Book a call with a coach
- Receive personalized recommendations
- Access tools and resources on the go

ONLINE

Visit the website to:

- Learn about your EAP benefits and available services
- Explore wellness resources and support options
- Access additional resource libraries and tools

Visit Work-Life Resources to:

- Explore articles, webinars, courses, and assessments focused on well-being, resilience, and personal growth
- Access calculators, planning tools, & practical guidance
- Find resources for financial, legal, family, caregiving, health, and wellness needs

Additional EAP Services

- **24/7 Crisis Support:** Immediate assistance is available by phone for employees and eligible family members experiencing a crisis.
- **Manager Support:** Supervisors have access to consultation, training, guidance on employee referrals, workplace concerns, organizational challenges, and critical incidents.
- **Self-Guided Resources:** Explore educational articles, assessments, and well-being tools designed to support your overall health and well-being.
- **Online Support Groups:** Connect with others through confidential virtual support groups covering a variety of life and well-being topics.

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