CLAREMONT
Powered by upriseHealth

Uprise Health App Introduction

Welcome to a new era of comprehensive well-being! We are excited to present the Uprise Health App. Seamlessly integrated into our established Employee Assistance Program (EAP), this innovative app transforms the member experience and fosters well-being through advanced features:



Easy Access

Access EAP services and resources effortlessly through the app.

Confidential Wellbeing Assessment

Check your wellbeing score confidentially and gain insights into your mental health.

Clinically Validated Wellbeing Checks

Evaluate your wellbeing levels with scientifically validated assessments.

Personalized Recommendations

Receive personalized recommendations for CBT-based courses tailored to your needs.

Proactive Outreach

Receive proactive outreach if your wellbeing score indicates potential concerns.

Skills Training

Develop resilience, stress management, and mental fitness with specialized skills training.

Bite-sized Training

Engage in bite-sized CBT-based courses directly from your desktop or mobile app.

Coaching Sessions

Up to 6 free sessions per year with a coach via phone or unlimited asynchronous chat.



Getting Started

- Scan the QR code below to download the Uprise Health App
- Create an account with your email and your access code: **masons of california**
- Complete the Wellbeing Assessment, check your scores and begin a recommended course.

© 2026 Uprise Health