



## EAP Plus with Digital App and Self Guided Courses

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

### We Are Here to Help

Employee Assistance Program (EAP) benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team, accessing online or via the Uprise Health Digital App.

### EAP Services for Employees & Families - Call Claremont at 1-800-834-3773.

#### Confidential Therapy

Up to 3 free, short-term therapy sessions, per incident, per calendar year, for relationship and family issues, stress, anxiety, and other common challenges. Sessions are available face-to-face, video or telephonic.

#### 24-hour Crisis Help

Toll-free access for you or a family member experiencing a crisis.

#### Online Peer Support Groups

Up to 3 free online support group sessions per calendar year for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.

## Your EAP provides a wide range of work-life services to help you manage a variety of challenges

### Financial Help

30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

### Legal Services

One 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

### Child & Parenting Services

Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

## Uprise Health Digital App

**Our program is designed to help reduce stress and keep you healthy.**

- Bite-sized training is available from your desktop or mobile app.
- Access is confidential.
- Take the wellbeing assessment and check your wellbeing score.
- Get personalized recommendations.
- Skills training to develop your resilience, stress management, and mental fitness.
- Visit [claremonteap.com](https://claremonteap.com) and select the Digital EAP tab to get started.
- Download the Uprise Health app
- Create an account with your email and Employer Code: GRF

### Adult & Eldercare Services

Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

### Personal Advantage

Unlimited access to articles, resources, videos, and assessments. Topics include health, finance, legal issues, personal growth, stress, family life and more. Visit [claremonteap.com](https://claremonteap.com), select Personal Advantage tab, register for an account using a username and password of your choice and enter company name: Golden Rain Foundation

### Tess Chatbot

Unlimited 24/7 access to Tess, an AI chatbot for emotional support and check-ins to boost wellness. To get started, text “Hi” to 650-825-9634. When prompted, text “Claremont” as your employer.

