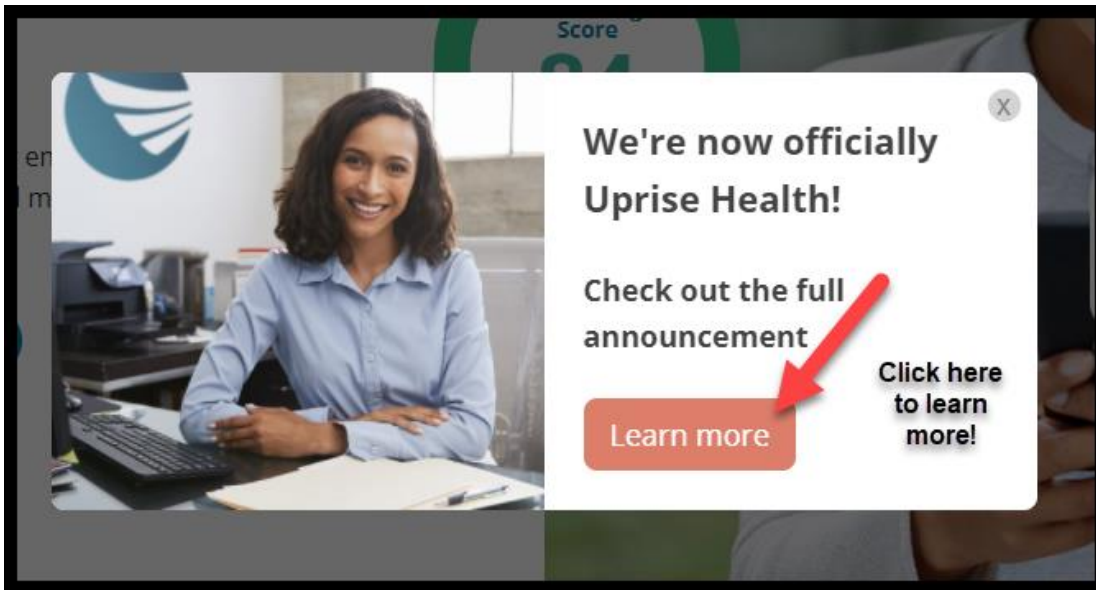


Step by Step Guide to Navigate the new Uprise Health website

Uprisehealth.com <https://uprisehealth.com/>



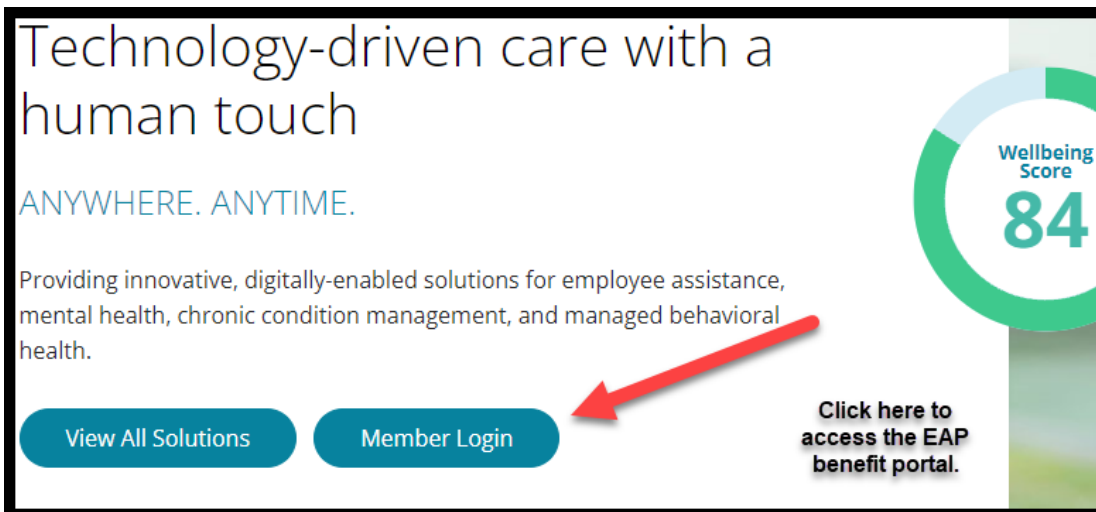
A notification banner with a background image of a smiling woman at a desk. The banner contains the following text:

We're now officially Uprise Health!

Check out the full announcement

[Learn more](#)

Click here to learn more!



Technology-driven care with a human touch

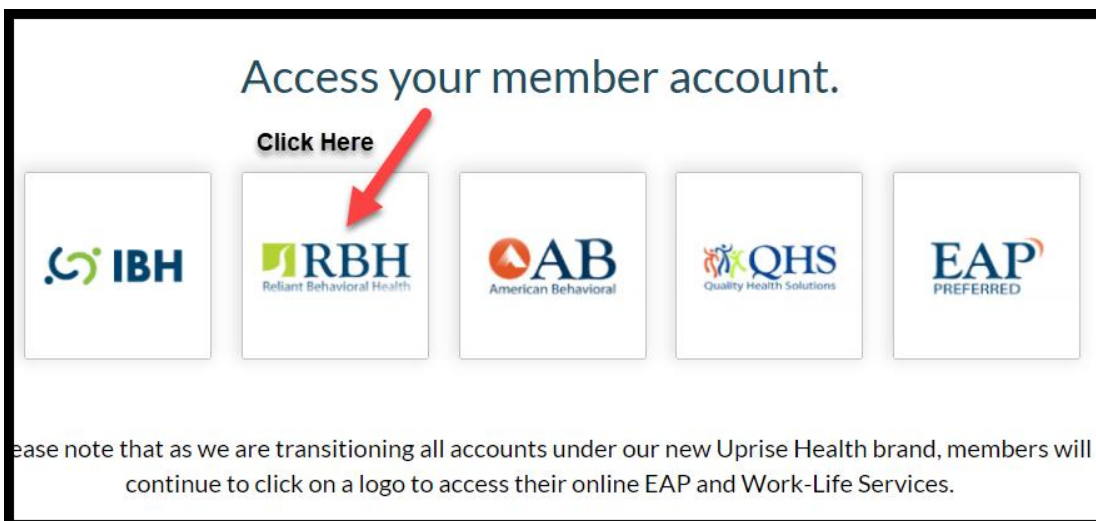
ANYWHERE. ANYTIME.

Providing innovative, digitally-enabled solutions for employee assistance, mental health, chronic condition management, and managed behavioral health.

[View All Solutions](#) [Member Login](#)

Wellbeing Score 84

Click here to access the EAP benefit portal.



Access your member account.

Click Here

[IBH](#) [RBH](#) [AB](#) [QHS](#) [EAP](#)

Reliant Behavioral Health American Behavioral Quality Health Solutions EAP PREFERRED

Please note that as we are transitioning all accounts under our new Uprise Health brand, members will continue to click on a logo to access their online EAP and Work-Life Services.

Bright Ideas for Members



[Home](#) [Webinars](#) [Newsletters](#) [Contact](#) [MyRBH.com](#)



Welcome to RBH

RBH has been delivering confidential life solutions to people across the country for nearly 25 years. We always work to give members useful services that bring real value into your life.

For example, the EAP includes easy, free, online legal forms. You can create wills, leases, contracts, and other legal forms. Then you can access, change, download, and print them as needed.

Learn about all of your RBH benefits by entering your Access Code and clicking the "My Benefits" button on this page.

My Benefits

Enter your access code to:

- View Your Benefits
- Login to Personal Advantage
- Request Counseling or Other Services

Don't know your group Access Code? Email to request it: Helpdesk@ReliantBH.com



**Access Code:
Montana (not case
sensitive)**

Bright Ideas for Members

Additional support resources can be accessed



[Home](#) [Webinars](#) [Newsletters](#) [Contact](#) [MyRBH.com](#)

State of Montana

If you are in a crisis, want to use your benefits, or have questions, call 24 hours: 1-866-750-0512

Counseling 6 sessions

- **24-hour Crisis Help** - Toll-free access for you or a family member experiencing a crisis.
- **Confidential Counseling** - Face-to-face counseling sessions for each new issue, including family, relationships, stress, anxiety, and other common challenges.
- **eAccess** - Convenient access to online consultations with licensed counselors. [Go to eAccess](#)
- **Free 24/7 On-Demand Emotional Wellness Support** - Tess is a chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to make you feel better! Click [here](#) for more info.
Text "Hi" to +1 650 825 9634 to Get Started
- **Peer Support Groups** - During your call with an IBH counselor, you may receive a referral to participate in an online group support program. Peer Support is available for a variety of issues including: post-partum depression, anxiety, depression, bipolar disorder, addiction and caregiving.

Go To Personal Advantage

Personal Advantage includes movies, trainings, assessments, articles, and other resources for life balance and well being.

[Personal Advantage](#)

Click for help: helpdesk@reliantbh.com

Click here to access hundreds of support resources

Click the tabs to learn more about EAP resources