



**OFFICE OF  
WORKFORCE  
WELLNESS**



May 28, 2021

**MEMORANDUM**

To: All State Employees and Household Members

Subject: Welcome to Your Upgraded Digitally Enabled EAP – Uprise



**Uprise Digital Coaching and Mental Health Support**

**The Digital Health Program designed to help reduce stress and keep you healthy.**

We are pleased to share some exciting news about your Enhanced Digital EAP. This digital health program is in addition to the EAP services that are provided to you and your household family members. We have included some instructions on how to get started and links to resource flyers that provide additional information. IBH always here for you – call anytime you can call anytime for support 866-750-0512.

**Get Started with Your Digital EAP**

1. Visit [us.uprise.co](https://us.uprise.co) or download the Uprise IBH mobile app on [Google Play](#) or [Apple App Store](#).
2. Create an account with your email and the employer code: **Montana**
3. Take the assessment and check your wellbeing score and receive your own personalized recommendations.
4. Get Started on Your First Mental Fitness Skill  
Watch videos, listen to audio and complete interactive exercises for the recommended skills determined by your personal preferences.
5. Speak with a Coach via Phone or Chat  
Message your coach through chat. You will receive a message back within one business day. Or select your coach and schedule a phone appointment directly

through the mobile app or web portal. You can also change your coach based on your preferences.

***NOTE: If you are currently using the wayForward app, this service will be available until June 30, 2021. We encourage you to not delay and get registered on the new app and get started on your first assessment.***

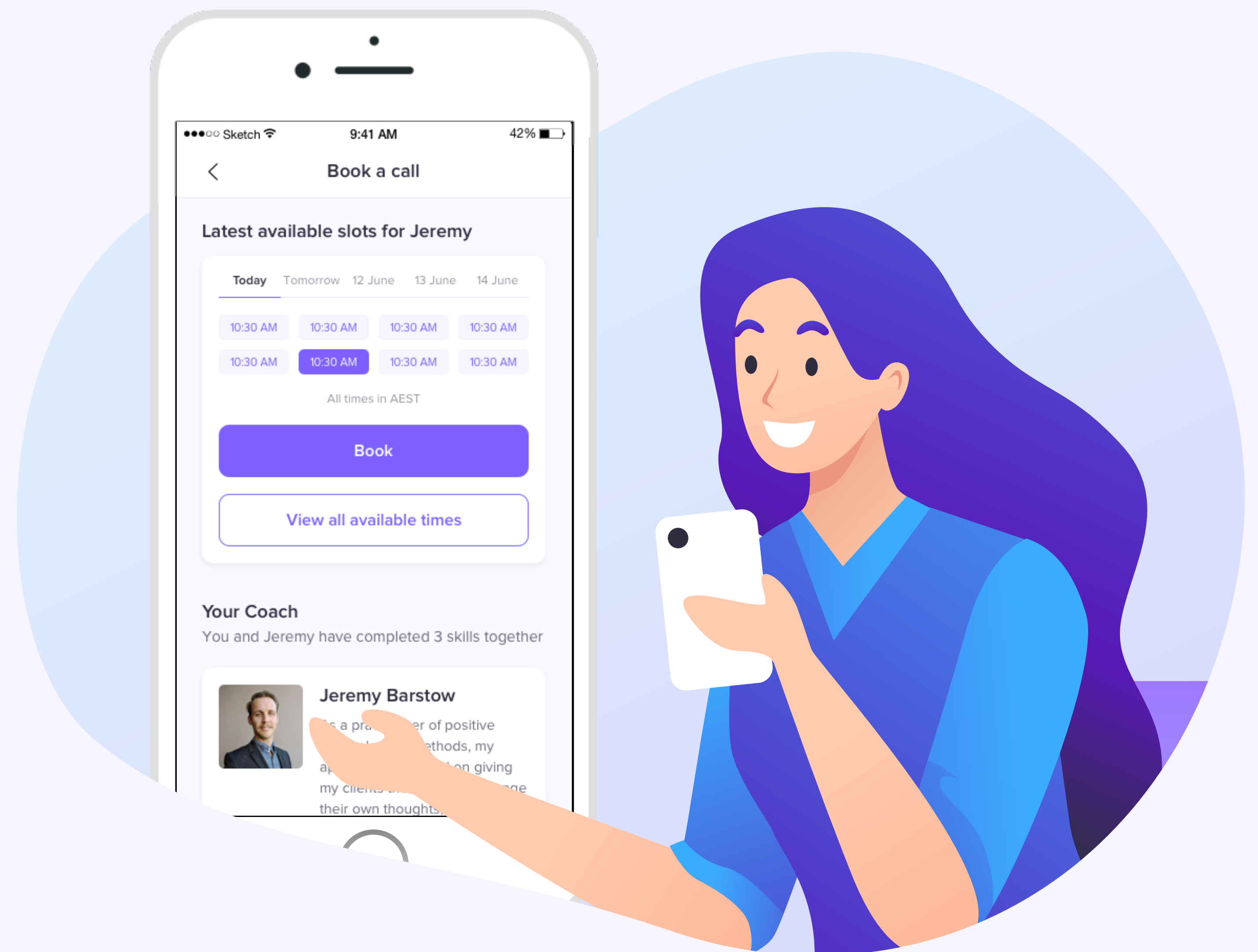
More About Your IBH Digital EAP - [IBH Digital Health Chat.Coaching\\_Montana.pdf](#)

More About EAP and WorkLife Services - [EAP and Work-Life Services Overview CE RBH Uprise SOM 2021.pdf](#)

Powered by Uprise

The Digital Health program is designed to help reduce stress and keep you healthy.

Bite-sized learning is available from your desktop or mobile app, and includes skills training to develop your resilience, stress management and mental fitness.



Skills Training



Coach Support



Confidential

## How it works

- 1 Visit [us.uprise.co](https://us.uprise.co) or download the **Uprise IBH** mobile app
- 2 Create an account with your email and the employer code: **MONTANA**
- 3 Take the assessment and check your wellbeing score
- 4 Receive your own personalized recommendations
- 5 Get started on your first mental fitness skill!

Watch videos, listen to audio and complete interactive exercises for the recommended skills determined by your personal preferences.

- 6 **Speak with a coach via phone or asynchronous chat**

Message your coach through asynchronous chat. You will receive a message back within one business day. Or, select your coach and schedule a phone appointment directly through the mobile app or web portal. You can also change your coach based on your preferences.

Download the app and sign up now

