

Welcome to a new era of comprehensive well-being! We are excited to present the Uprise Health App. Seamlessly integrated into our established Claremont 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.

Clinically Validated Wellbeing Checks

Evaluate your wellbeing levels with scientifically validated assessments.

Proactive Outreach

Receive proactive outreach if your wellbeing score indicates potential concerns.

Bite-sized Training

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

Confidential Wellbeing Assessment

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

Personalized Recommendations

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

Skills Training

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

Coaching Sessions

Up to **10** free sessions with a coach via phone or unlimited asynchronous chat.



Getting Started

Visit claremonteap.com/digital-eap/

Organization Name: Contra Costa Community College District

Access Code: contracosta

Create an account with your email and your access code.

Scan the code below to download!

