AUBURN UNIVERSITY
Human Resources

An Employee's Guide to Accessing Uprise Health Resources

STEP 1

Go to aub.ie/thrive.

This link will take you to an Auburn University Human Resources Benefits website.

STEP 2

Click on the Employee Assistance Program (EAP) button.

Here you will find information on the EAP, mental health and substance abuse and Wellness Resources.

Click on Uprise website.

You will be able to access mental health and wellness resources from Uprise.

Use code: AUBURN.

Click Next.

Scroll down and click on Work-Life Sign In.

Type "Auburn" in the Access Code box.

Click on SIGN IN.

Welcome to Uprise Health's Work-Life Portal!

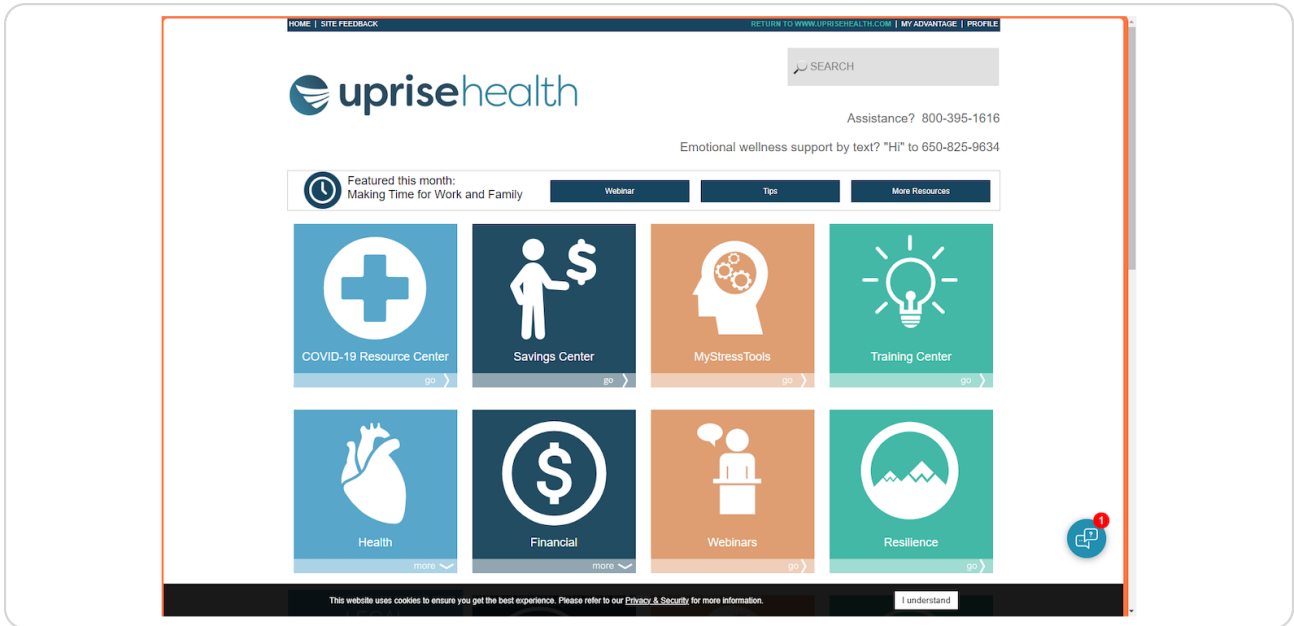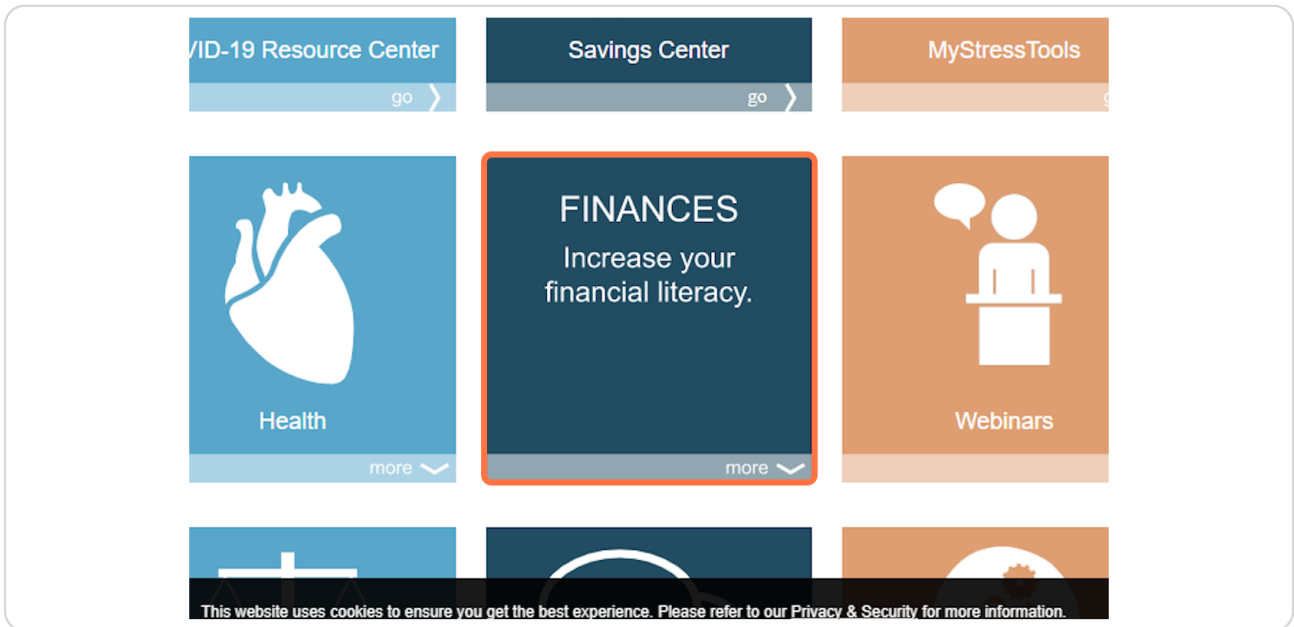In your Work-Life Portal, you can click on a vareity of topics to learn more. Let's look at a few examples.
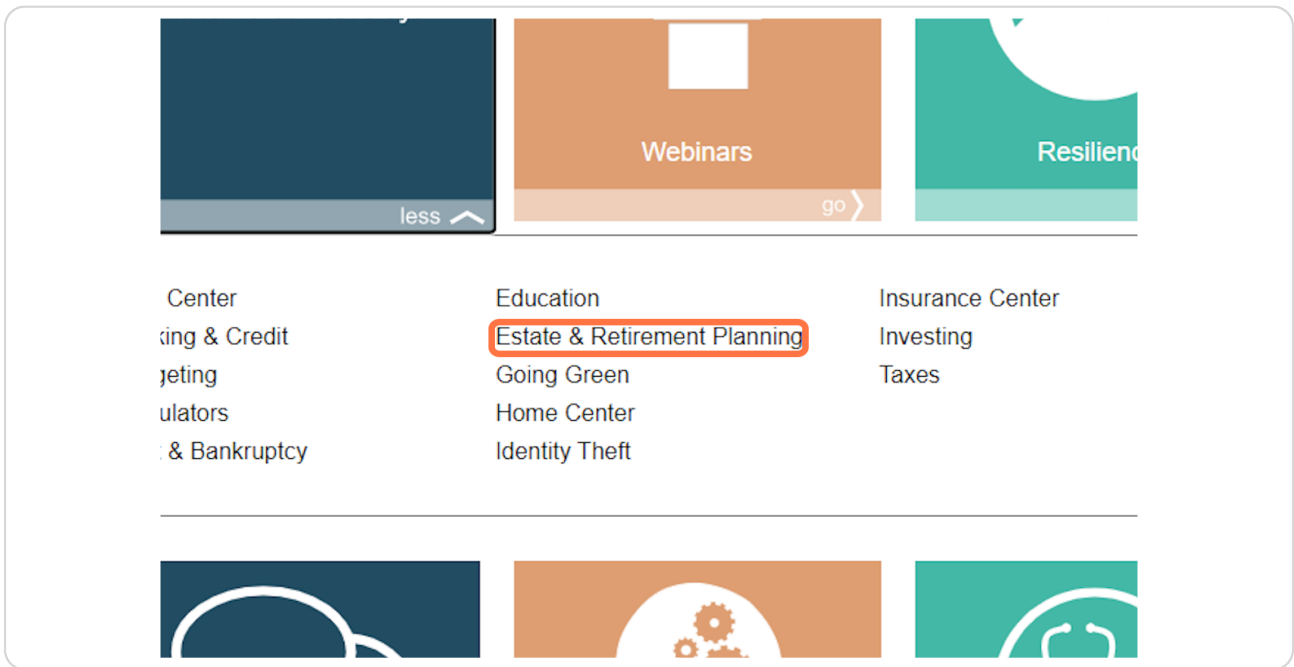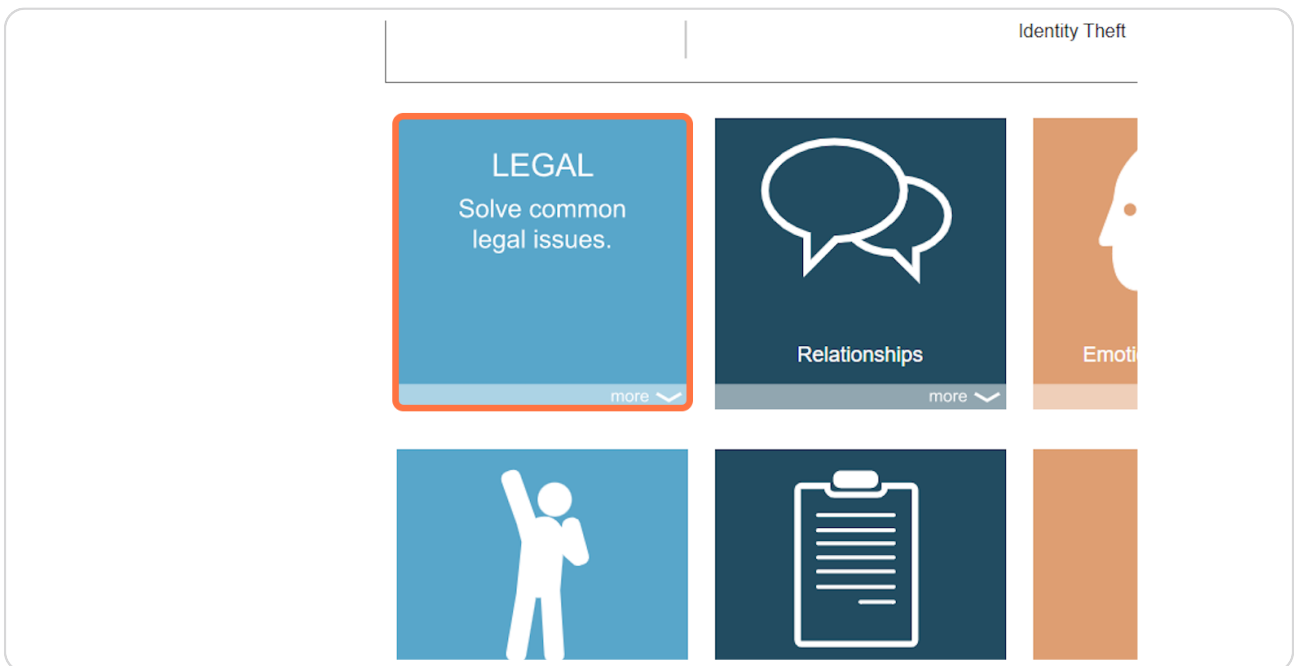
Click on Finances.

A dropdown of topics will appear. You can click on any to learn more.

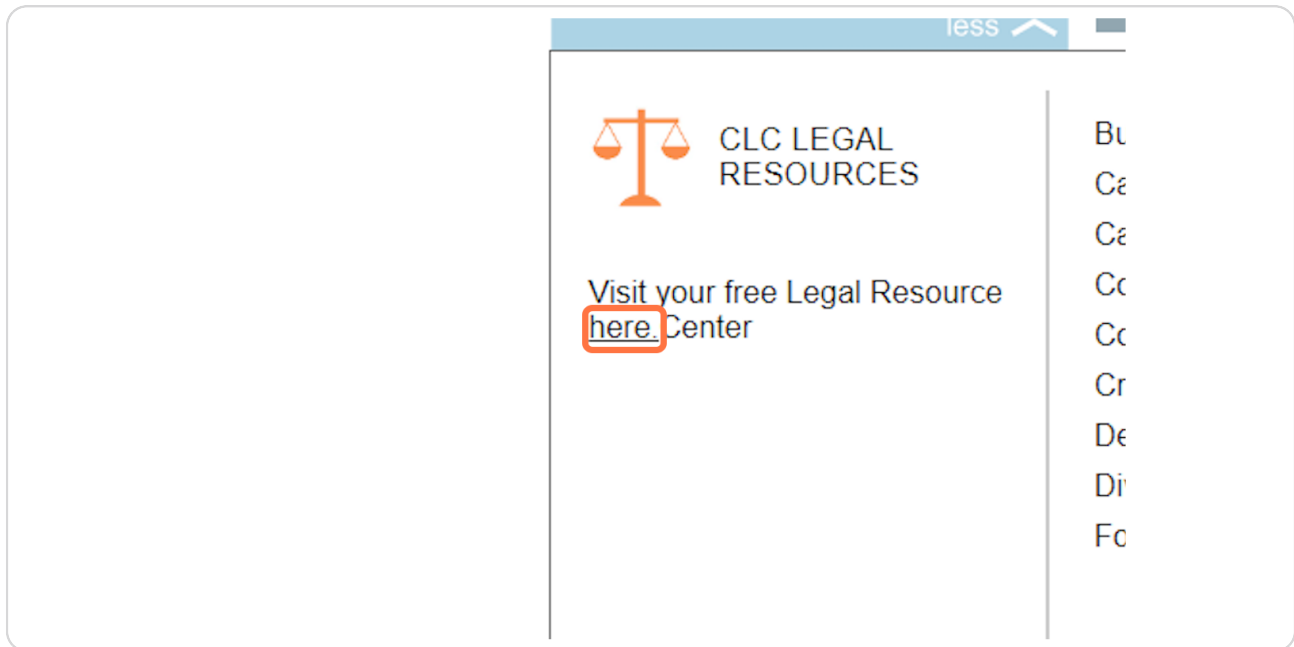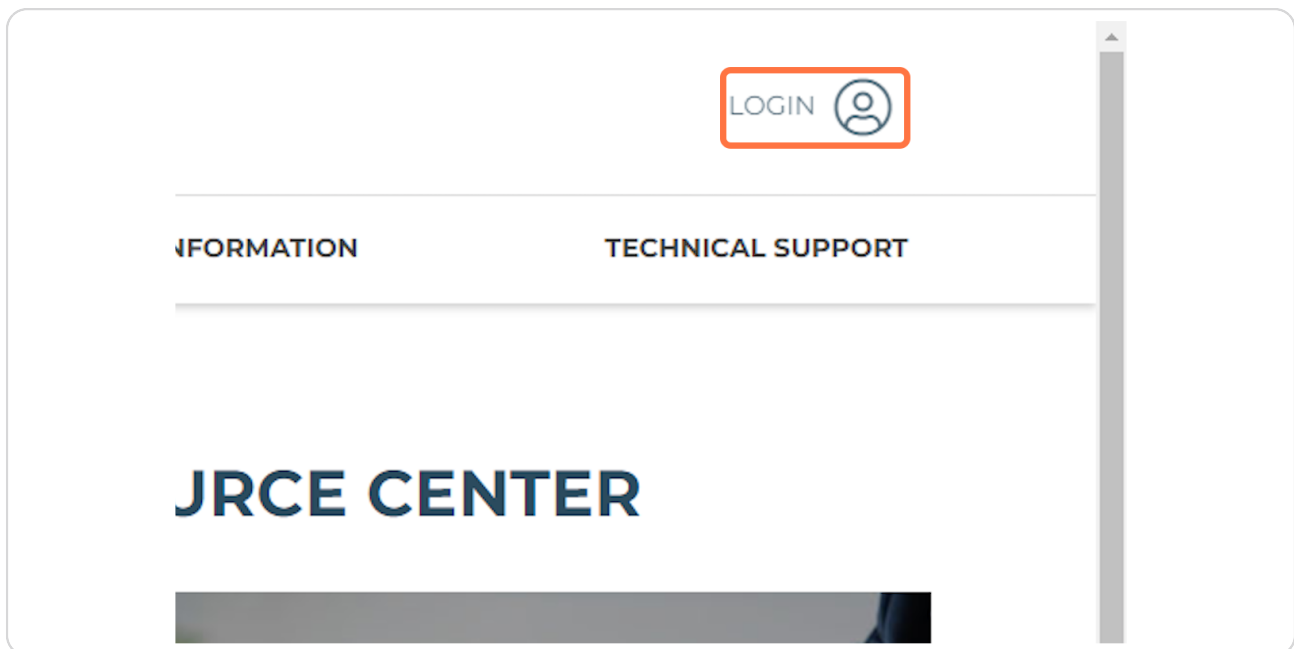**Let's look at another example. Click on Legal.**

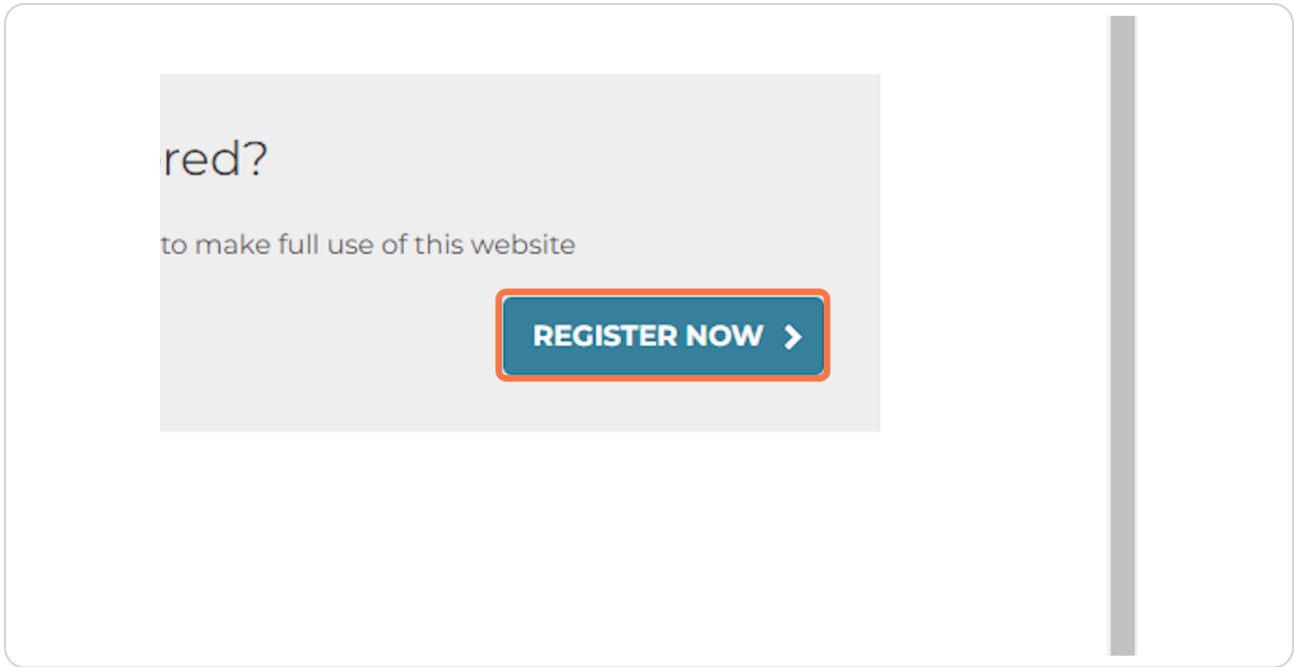**Click on "here" under CLC Legal Resources.**

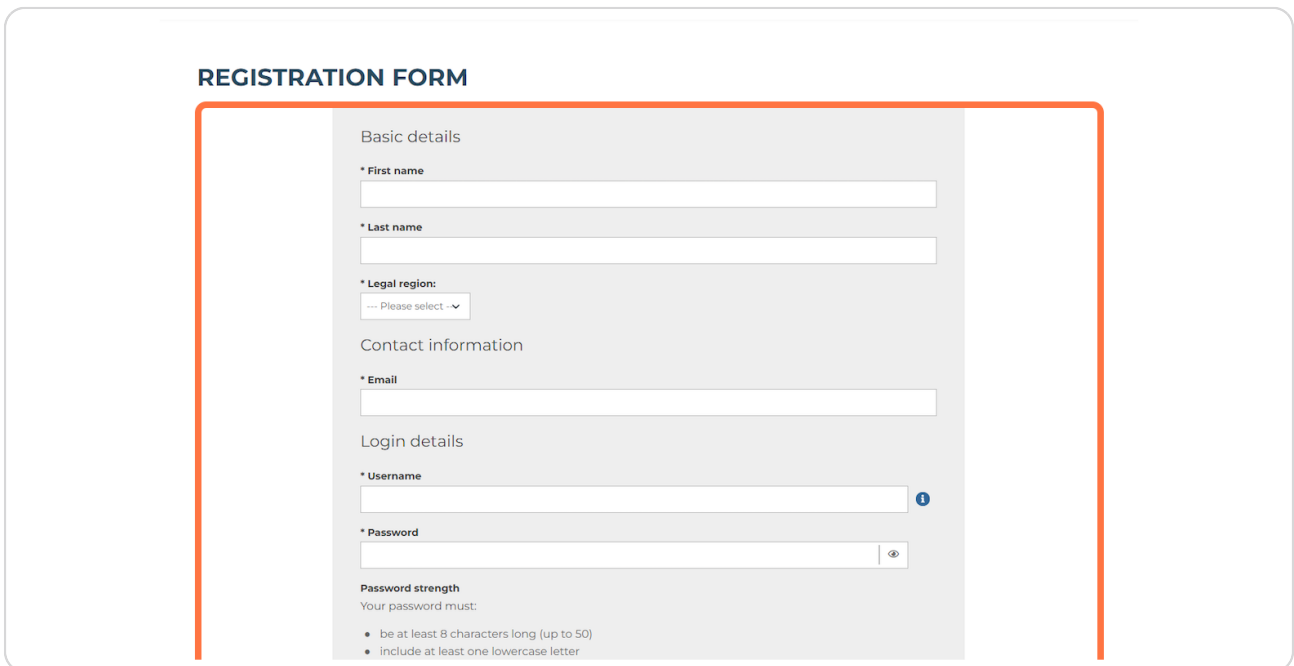**This will take you out to another resource center. Click LOGIN to set up an account. This is safe to create.**

STEP 15

Click on REGISTER NOW to set up an account with the legal resource center.

STEP 16

You can use your Auburn email to get started when prompted.

Once your account is created, you can click on Legal Information to learn more.

Another resource in your Work-Life Portal is webinars. Click on Webinars.

You can access a variety of upcoming and archived resources from here.
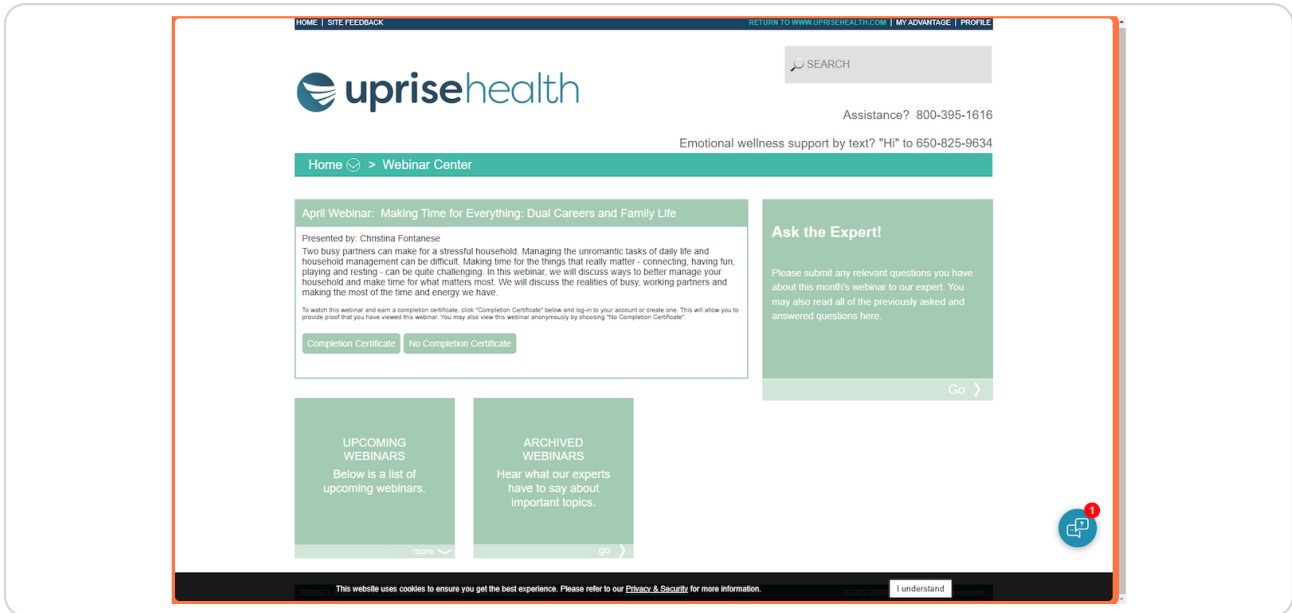
Need Assistance? Call 1-800-925-5327.

No one has to suffer alone. Reach out for help through the 1-800 number or our online resources. As always, please email benefit@auburn.edu with any questions related to the EAP or mental health services. We will be glad to assist.

AUBURN
HUMAN RESOURCES