



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.


HR Home | Benefits ▾ | Campus Relations ▾ | Compensation ▾ | Employment ▾ | HR D


[Human Resources](#) / [Benefits](#)

Online Now: New eLearning Courses on Dealing with Grief

As an Auburn University employee or dependent, we want to help you take care of your resources to sustaining and enhancing your physical, psychological and emotional health.

If you have questions about any of our benefits, email benefit@auburn.edu.

 Employee Assistance Program

 Mental Health Substance


STEP 3

Click on Uprise website.

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

Uprise Health Company
mental service for all full-time, benefit-eligible employees. Services available include:

CONNECT WITH THE EAP




To connect with Uprise:

- Call 800-925-5327 or visit the [Uprise website](#) (Company Code: AUBURN)

Members in working through them. The appropriate referrals to other

STEP 4

Use code: AUBURN.



Welcome to Uprise Health

Welcome to Uprise Health.
Please enter your user access code to get started:

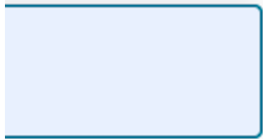

IBH RBH AB QHS EAP
is now
uprisehealth



We have transitioned all accounts to our new Uprise Health brand.
Members only need to enter an "Access code" to login to access their EAP and Work-Life Services.

STEP 5

Click Next.

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s code to get started:


 


 

STEP 6

Scroll down and click on Work-Life Sign In.

Financial Help Child & Parentings Support
Legal Services Adult & Eldercare Resources
Online Legal Forms Webinars & Training





STEP 7

Type "Auburn" in the Access Code box.



STEP 8

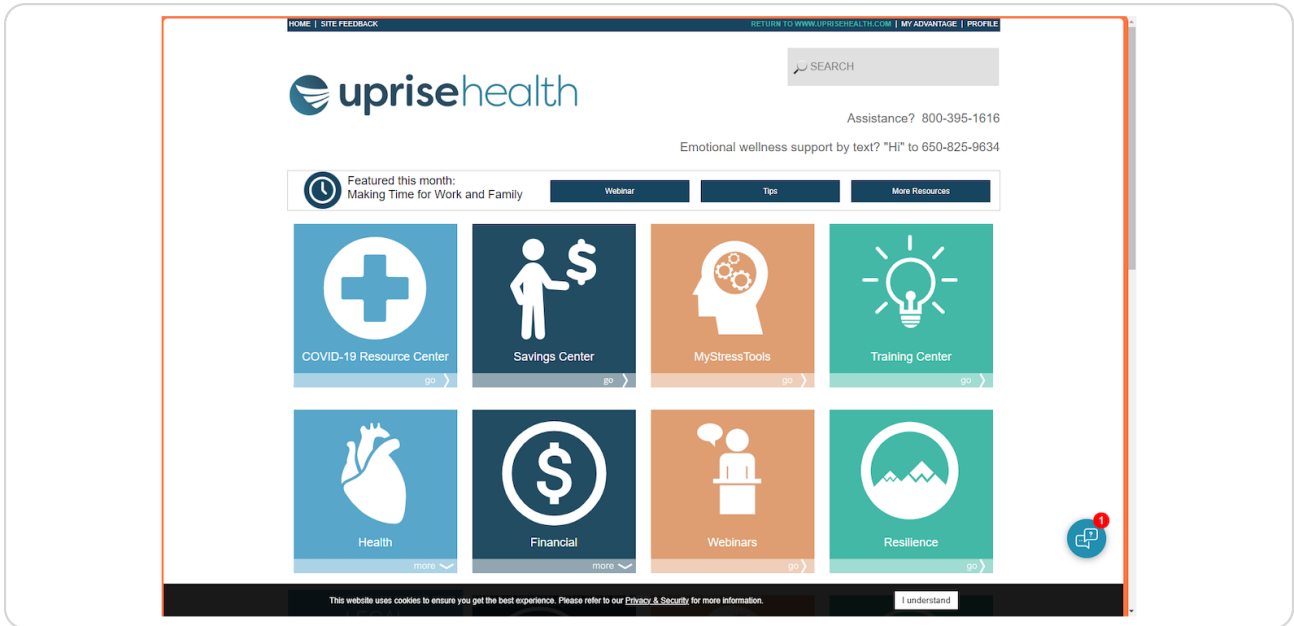
Click on SIGN IN.



STEP 9

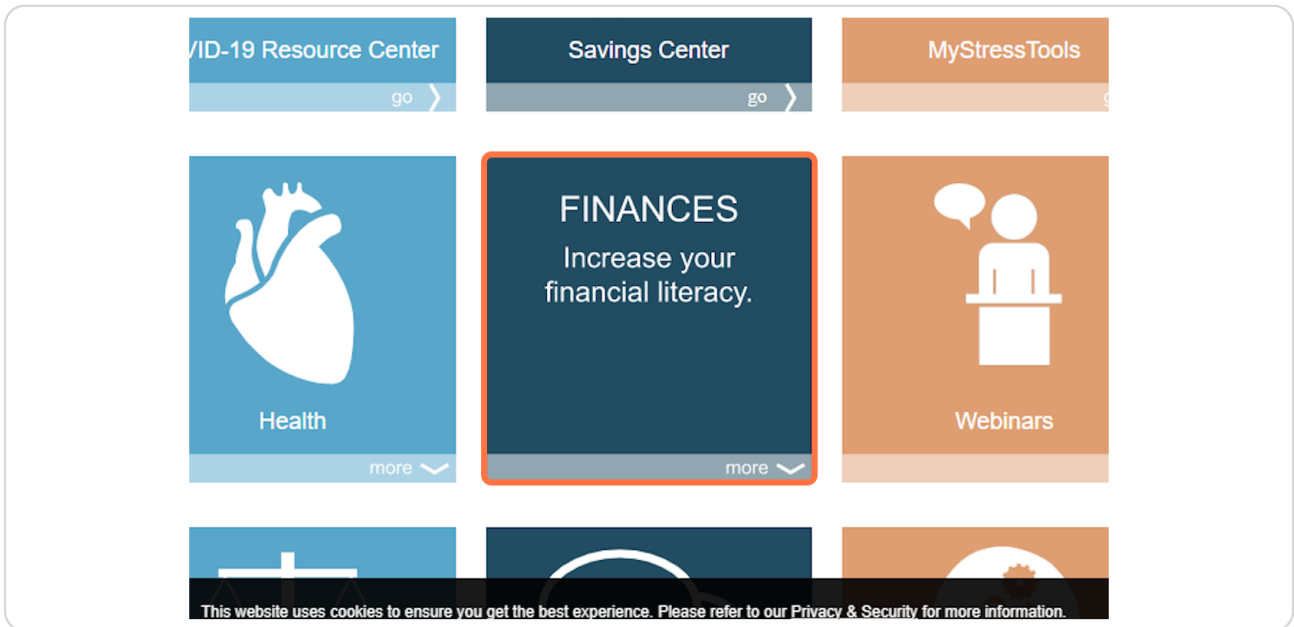
Welcome to Uprise Health's Work-Life Portal!

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



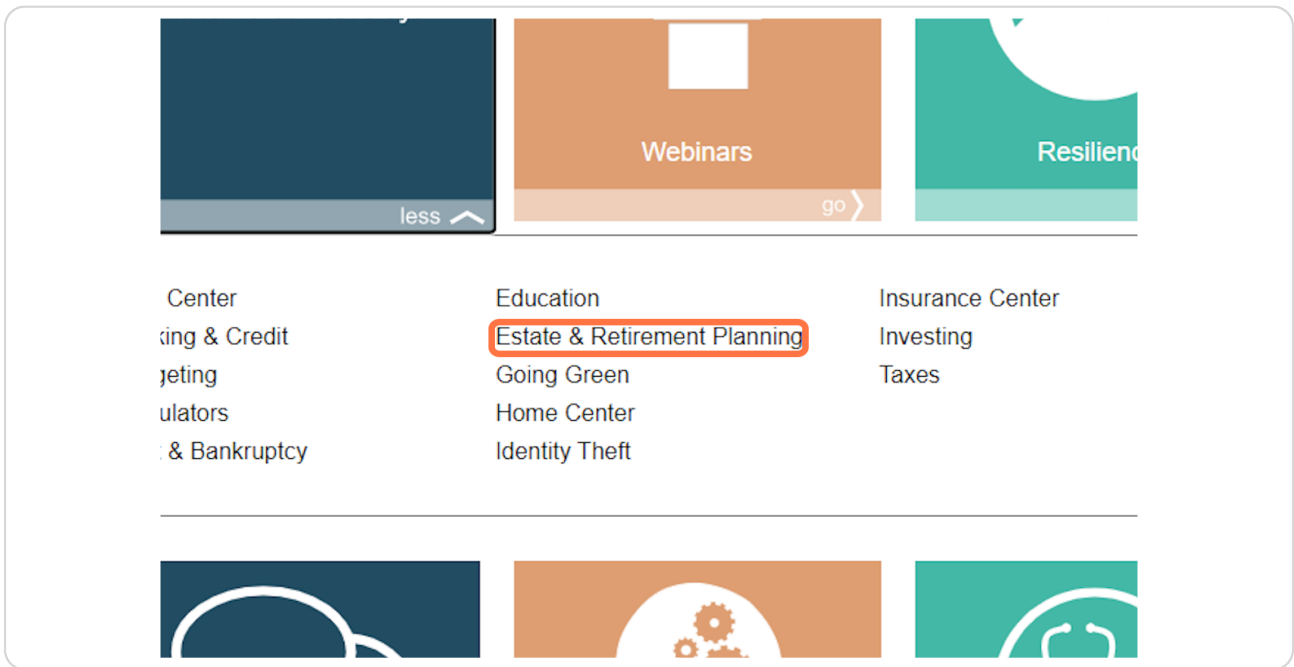
STEP 10

Click on Finances.



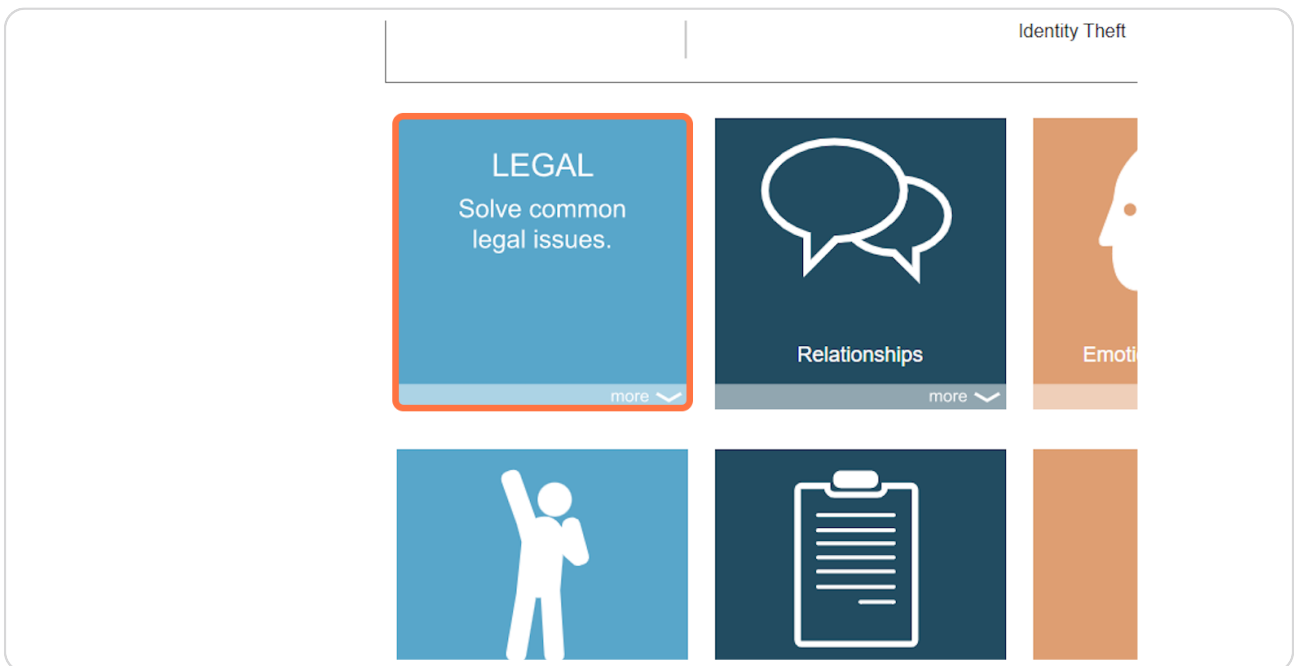
STEP 11

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



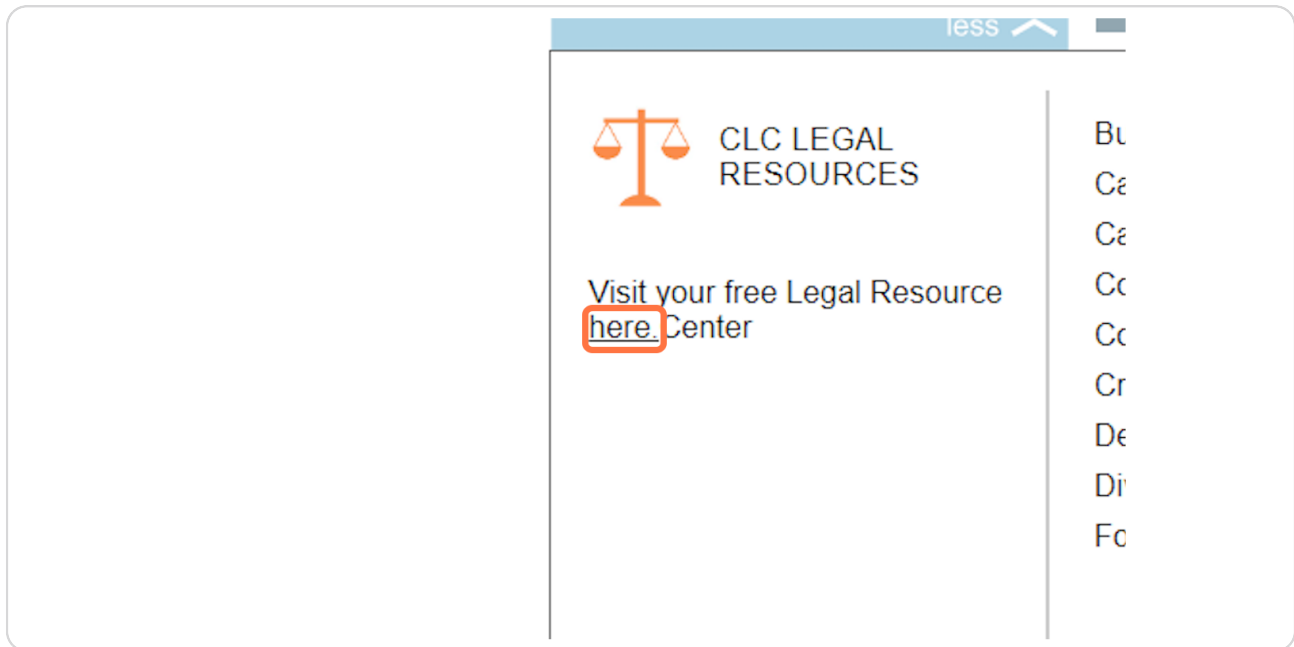
STEP 12

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



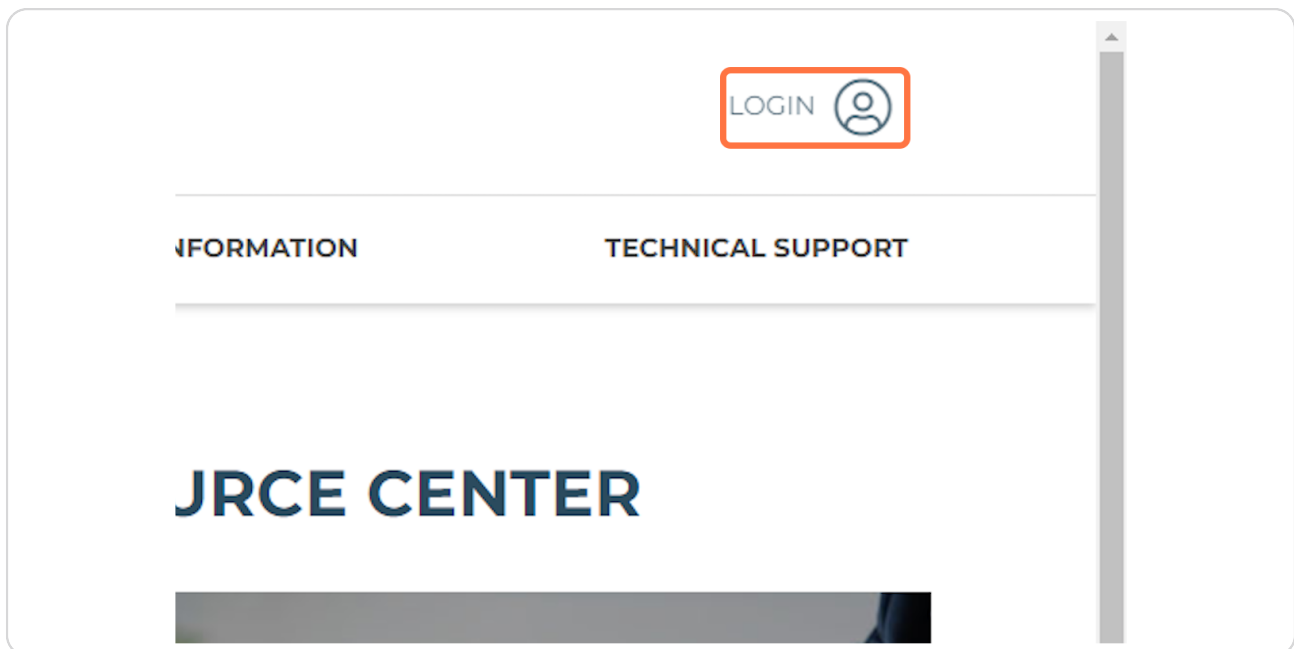
STEP 13

Click on "here" under CLC Legal Resources.



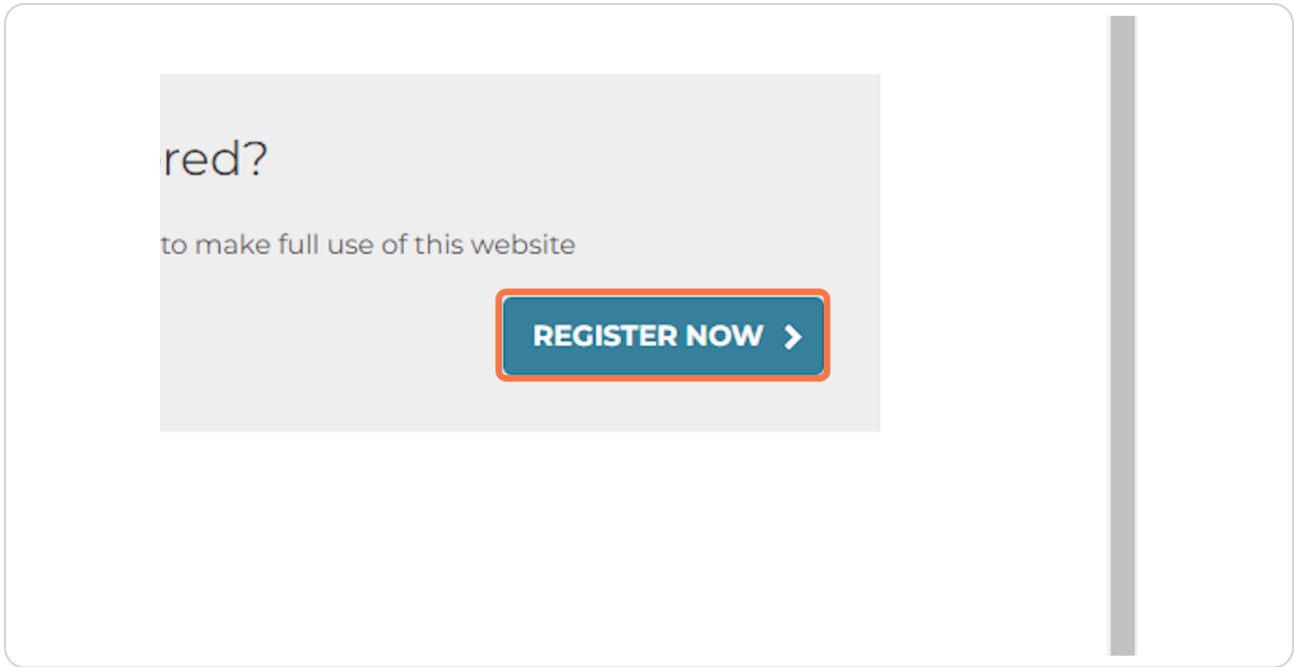
STEP 14

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



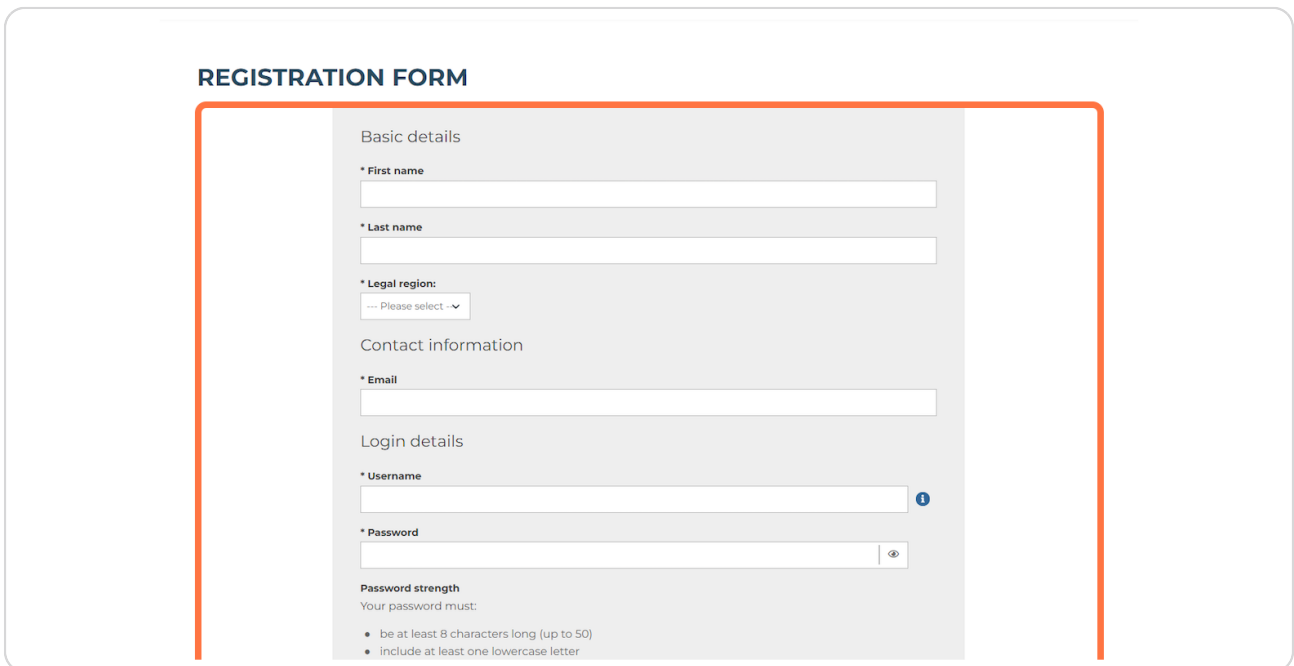
STEP 15

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.



STEP 17

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

The screenshot displays a user interface with two columns of legal document categories. The left column lists: Complaint Letters, Deeds, Living Trusts, Personal Service Agreements, and Wills. The right column lists: Business Agreements, Corporations and LLCs, Intellectual Property, Internet Law Forms, Loans and Collections, and Sale of Goods. Below these lists are two large cards. The 'Legal Information' card, highlighted with an orange border, features a background image of books and a pen, with the text 'Legal Information' in white. Below it, a smaller text block reads: 'For articles, legal definitions, Tips, Q&A and a variety of legal information.' The 'My Documents' card, also highlighted with an orange border, features a background image of a hand writing on a document, with the text 'My Documents' in white. Below it, a smaller text block reads: 'To continue working on legal documents you...'. Below the cards is a section titled 'How it works' with a bulleted list: 'It's easy to start. Click on the title of the document you need and a questionnaire will open in your web browser (PC or MAC)', 'Move through the questionnaire answering all the questions. The documents have detailed, step-by-step instructions.', 'You will see your document being created during the process.', and 'Come back anytime to edit and finish.'

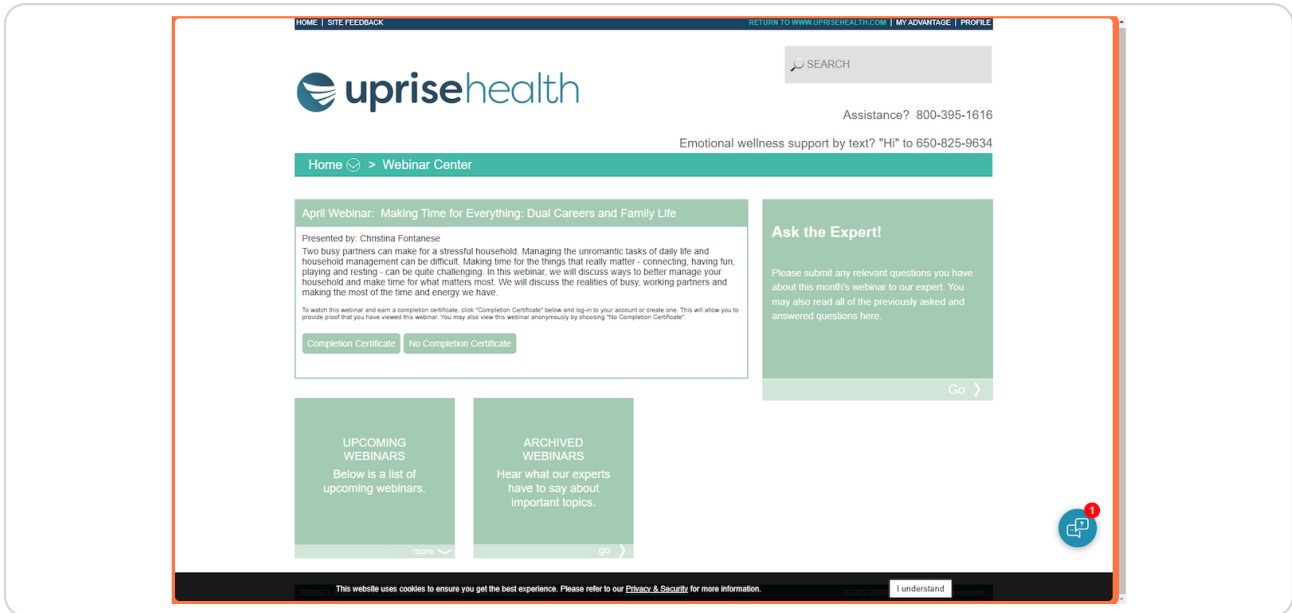
STEP 18

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

The screenshot shows a grid of nine service tiles. The top row contains three tiles: 'Savings Center' (dark blue), 'MyStressTools' (orange), and 'Training Center' (teal). The middle row contains three tiles: 'Financial' (dark blue with a dollar sign icon), 'WEBINARS' (orange with the text 'Get expert advice on important topics.'), and 'Resilience' (teal with a mountain icon). The bottom row contains three tiles with icons: a speech bubble (dark blue), a brain with gears (orange), and a stethoscope (teal). Each tile has a 'go' button with a right-pointing arrow at the bottom right, except for the 'Financial' tile which has a 'more' button with a downward-pointing arrow.

STEP 19

You can access a variety of upcoming and archived resources from here.



STEP 20

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.

