



**Uprise Health  
 Employee Assistance Program Rates  
 2023-24 Plan Year**



Employer-Paid Plan	
Plan Benefits	EAP Services (Per Employee Per Month)
<ul style="list-style-type: none"> <li>• 8 counseling visits per incident</li> <li>• 8 digital behavioral health coaching visits per year</li> <li>• 10 online peer support group sessions per year</li> </ul>	\$0.90

Employer Paid Worksite Services	
Plan Options	Worksite Services
Worksite Services Purchased <b>during</b> EE Plan Management*	\$225 per hour
Worksite Services Purchased <b>after</b> EE Plan Management*	\$250 per hour
Individual Resiliency Coaching**	\$995 per case

\* Worksite services are not included in the per employee per month cost and must be purchased separately. Discount applies if purchased during EE Plan Management.

\*\* 8-10 individual coaching sessions provided over a 4-6 month time frame. Purchase as needed - no discount available.