

Financial Support

Support to help you understand your finances and take the next step with confidence.

When financial stress shows up, it can impact more than just your budget. It can affect your focus, your relationships, and your overall sense of stability. Your **Employee Assistance Program (EAP)** from Uprise Health offers financial support designed to meet you where you are, whether you're looking to better understand your situation or take action on a specific challenge.

With access to **unlimited financial coaching**, plus tools and resources to help you plan and make informed decisions, you don't have to navigate financial concerns on your own.

When is Financial Support Helpful?

Financial support can help when you're facing everyday decisions or more complex situations:



Managing your budget or expenses



Reducing debt or improving credit



Planning for major life events, like buying a home or paying for education



Preparing for retirement or long-term financial goals



Navigating financial stress or uncertainty

What You'll Find

Financial Support brings together self-guided resources and personalized coaching to support both planning and action:

- **Articles, webinars, and learning paths** to help you build financial knowledge and confidence.
- **Interactive tools and calculators** to support budgeting, saving, debt management, and long-term planning.
- **Financial check-ups** and guided pathways to help you better understand your situation and identify next steps.
- **Unlimited access to financial coaching**, including support for debt and budgeting, credit report review, student loan counseling, housing-related decisions, and more!

From building a plan to taking action, you have support every step of the way.

How to Get Started

- Start with **Work-Life Resources** to explore articles, tools, and learning paths that help you understand your options and decide what to do next: uprisehealth.personaladvantage.com
- From there, select the **Financial** tile to connect with additional resources and personalized coaching for hands-on support, from our partner, Balance.

To access Balance resources and coaching, you'll need to complete a quick registration on the Balance site.

Please note: Your login information for Balance is separate and may differ from the login you use to access other Uprise Health portals. If you're unsure, go ahead and register and Balance will let you know if an account already exists.

Support You Can Trust

- Confidential and secure
- Available to eligible members and household family members
- Financial coaching and resources at **no cost** to you

Practical support to help you feel more confident, informed, and in control of your financial decisions.