



April 2025
News & Updates

Welcome to the Client Newsletter!

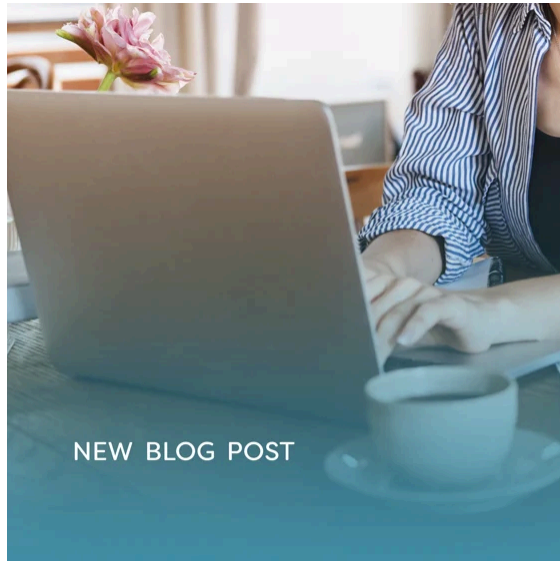
Hello,

Happy Spring! We hope you are having a great start to Q2. Is it just us, or is this year flying by already? To slow things down a bit, we focused on digital detox for the month of April. If you missed the Member newsletter, check out the resource library for a guide on Mindful Tech Habits.

April Updates

We are pleased to introduce Uprise Health's new CEO, **Rebika Shaw!**

With over two decades of experience, Rebika is a skilled healthcare executive with a background of scaling and delivering results across employer benefits and digital health companies. Read the press release [HERE](#) for more information. We're so excited to have her on board!



Boost Employee Well-Being in Your Workplace with Digital Detox

Our latest blog discusses strategies to promote digital detox within your organization to help boost employee well-being and productivity.

[Check out our latest blog to learn more!](#)

Take our Client Satisfaction Survey

We value your feedback and want to ensure that we are meeting your needs. Please take a few moments to complete our Client Satisfaction Survey. Your input is invaluable to us as we strive to improve our services and provide the best experience possible for you. Thank you in advance for your time and for helping us continue to serve you better.

****Please note: The survey will have the Uprise Health logo and information throughout - you are in the right place! For the purposes of this survey, Uprise Health and Claremont are interchangeable.**

[Take the Survey](#)

Questions? Reach out to your Account Manager!