



Welcome to the Client Newsletter!

Hello,

August is here, and with it comes the final stretch of summer—a season that reminds us of the importance of rest, renewal, and resilience. As your teams navigate vacations, shifting schedules, and the back-to-school buzz, it's the perfect time to refocus on summer wellness strategies that support both productivity and peace of mind. Check out our recent blog about [how to use your EAP to improve wellness](#).

Leadership Update: Strengthening Our Commitment to Client Success

We're excited to share two key personnel updates at Uprise Health. **Keely Arrington** has been promoted to VP, Go-To-Market Strategy, where she'll continue driving innovation and impact across our solutions. We also welcome back **Nadia Jackson** as our new AVP of Account Management. Nadia previously served at Uprise Health and returns with a deep understanding of our mission and a strong commitment to continuity and quality service. Her experience ensures that you – our clients – receive the trusted, results-driven support you expect and deserve.



What's Happening in August

Mental Health & Wellness Observances

- [National Wellness Month](#)
- Summer Sun Safety Month
- National Immunization Awareness Month
- National Relaxation Day (August 15)
- Women's Equality Day (August 26)



As a reminder, the Balance Summer Sweepstakes have officially started!

As the cost of living continues to rise, helping your employees build strong financial habits is more important than ever. Be On Track is the 8th Annual BalanceTrack Summer Sweepstakes, created to engage, educate, and empower your organization through interactive financial education – and the chance to win big!

Here's how it works:

From **August 1st** to **October 31st**, members who complete at least **one** BalanceTrack module with a passing grade will be entered to win a \$500 Grand Prize! Each month, Balance will feature a Module of the Month. When members complete that module, they'll earn one standing entry, plus three bonus entries toward the grand prize.

Check out the [Campaign Kit](#) for official rules, how to enter, FAQ, and communication to employees (emails, flyers, posters, and social media).

[Get the Kit](#)

Login to the Work-Life Portal, and click the Finances tile to access the Module of the Month, and all the great resources Balance offers.

Login Today!

BalanceTrack *Be On Track* Module of the Month

August: The Road to Homeownership

Buying a home is at once an exciting and challenging venture. With commitment, planning, and learning, you can become a successful homeowner. This module covers everything you need to know to start off the homebuying process right, including:

- Preparing for homeownership
- Understanding mortgages
- Getting a loan
- Searching for a home and making an offer
- Closing and tax benefits

September: Identity Theft

Identity theft occurs when someone uses your name, Social Security number, credit card number, or other identifying data to commit fraud or other crimes. In this electronic age, it has become an all-too-common danger. Fortunately, there are many preventative measures you can take to substantially reduce the chance of identity theft occurring and steps you can take to minimize damage if you do become a victim. This module covers the basics of identity theft, including:

- Common practices of identity thieves
- Preventing identity theft
- How to recover
- Federal laws
- Helpful resources

October: Drive Away Happy

While shopping for a vehicle is exciting, it can also be complicated and time-consuming. A car is an expensive purchase, one that cannot be returned simply because you feel you made a mistake. This module covers the basic information you need to know to make the best decisions and drive away happy, including:

- Car shopping considerations
- Should you buy new or used, or lease?

- Your credit score and financing
- Getting the best price
- Your legal rights

Article Round-Up

- <https://worldatwork.org/publications/workspan-daily/paid-care-leave-rising-in-importance-for-workers>
- <https://www.jdsupra.com/legalnews/new-california-regs-will-impact-your-ai-5175603/>
- <https://www.hrdive.com/news/workers-want-personalized-benefits-companies-struggling/756248/>
- <https://www.hr-brew.com/stories/2025/07/30/work-life-balance-isn-t-working-here-s-what-hr-needs-to-know>

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.

Take the Survey

Questions? Reach out to your Account Manager!