



Welcome to the Client Newsletter!

Hello,
Happy Holidays from all of us at Uprise Health!

As the year draws to a close, we want to extend our heartfelt wishes for a wonderful holiday season to you and your team. This time of year brings opportunities to reflect and celebrate the moments—big and small—that have brightened our journey together. Whether you're gathering with loved ones, connecting with colleagues, or simply enjoying a quiet moment, we hope the season brings you comfort, gratitude, and a renewed sense of possibility for the year ahead.

What's Happening in December

Mental Health & Wellness Observances

- [National Stress-Free Holidays Month](#)
- [Various Holidays: An Employer's Guide to an Inclusive Holiday Season](#)
- World AIDS Day (December 1)
- International Day of Persons With Disabilities (December 3)
- National Handwashing Awareness Week (December 7-13)
- Human Rights Day (December 10)
- National Ugly Christmas Sweater Day (December 19)

Do Your Employees Need a Little Extra Support this Holiday Season?

Don't forget to promote Coaching within the Uprise Health App to help employee well-being.

The holiday season can be both joyful and stressful for employees. Now is the perfect time to remind your workforce about the confidential, personalized coaching available through the Uprise Health app. Here's how you can help your employees make the most of this valuable resource.

How to Promote Coaching to Employees:

- **Highlight Confidentiality & Security:** Reassure employees that all coaching sessions are private and HIPAA-compliant, providing a safe space to discuss challenges and goals.
- **Emphasize Ease of Access:** The Uprise Health app offers seamless, mobile access to professional coaches with no waiting and no hassle. Employees can connect anytime, anywhere, making support convenient during busy holiday schedules.
- **Share the Benefits:** Coaching helps employees manage stress, build resilience, improve work-life balance, and strengthen mental toughness. These skills are *especially* valuable during the holidays, when routines and demands often shift.
- **Encourage Proactive Engagement:** Remind employees that reaching out for support is a sign of strength. Proactive, human-centered coaching can boost well-being, engagement, and retention, with an added bonus of showing your team you care.
- **Integrate with EAP Communications:** [Share this benefit flyer](#) and include reminders about coaching in holiday wellness emails, team meetings, and on your company intranet. Consider sharing testimonials or stories of how coaching has helped others.
- **Offer Incentives:** If possible, provide small incentives for employees who schedule a coaching session. This could be a wellness such as wellness points or recognition in internal communications.

Contact your Account Manager to explore more strategies to boost coaching engagement over the holidays!

Featured Resource

The 2026 Communication Calendar is Here!

Your guide to a year of well-being topics, webinars, and EAP newsletter highlights! Each month features a fresh focus, plus expert-led webinars on mindfulness, financial wellness, neurodiversity, and more. This calendar is designed to empower emotional and physical well-being for you and your team, making it easy to plan participation in upcoming events and access valuable resources all year long.

[Prepare for 2026!](#)



CLAREMONT
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This 2026 monthly communication calendar highlights the 2026 well-being topics, webinars, and newsletter highlights for each month!

Stay up to date!
Follow us on





2026 MONTHLY COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional and physical well-being

JANUARY

Newsletter Focus: Food and Mood

- 1/11 Personal Advantage Webinar: Budgeting Basics
- 1/22 Skill-Building Webinar: Meal Planning for Better Living

FEBRUARY

Newsletter Focus: Health Equity and Social Justice

- 2/1 Personal Advantage Webinar: Eat Your Way to Better Health

MARCH

Newsletter Focus: Brain Health

- 3/1 Personal Advantage Webinar: Do Your Bucket List
- 3/19 Skill-Building Webinar: Different Brains, Unique Strengths: Understanding Neurodiversity

APRIL

Newsletter Focus: Mindful Movement

- 4/1 Personal Advantage Webinar: Financial and Mental Health

MAY

Newsletter Focus: Mental Health Month

- 5/1 Personal Advantage Webinar: Minimizing Worry to Maximize Your Life
- 5/2 Skill-Building Webinar: So You Think You Can Chill? Mindfulness Made Simple

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Article Round-Up

- [Health care costs are a major barrier for small businesses](#)
- [Employer health costs to top \\$18,500 by next year](#)
- [These low-cost benefits help employees de-stress](#)
- [Pay Cuts for Flexible Work Deals Test Employers' Legal Limits](#)
- [Finding meaning at work can help prevent burnout](#)
- [Glassdoor Warns Worker Tension is Set to Break Records in 2026](#)
- [Employers Grapple with GLP-1 Coverage](#)
- [Executive Order on Drug Discounts has Uncertain Impact on Employers' Price Negotiation](#)
- [Americans Remain Hazy on Social Security Benefit Details](#)
- [How Employers View Voluntary Offerings](#)
- [Participation Climbs as Employers Embrace SECURE 2.0 Flexibility](#)
- [Manager Support Drives Employee AI Adoption](#)
- [Bipartisan bill would require employers to report AI-related layoffs](#)
- [Refusing to adopt AI poses bigger career threat to workers than AI itself](#)

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!