



Welcome to the Client Newsletter!

Hello,

We hope you had a wonderful and safe holiday, and are enjoying the summer!

At Uprise Health, we believe that supporting employee wellbeing and wellness at work means meeting people where they are, whether they're navigating everyday stressors or managing complex health needs. Our **continuum of care** is designed to do just that, offering seamless access to high-quality support through digital tools, personalized coaching, and clinical services, by combining compassionate care with intelligent triage and a robust provider network.

What's Happening in July

Mental Health & Wellness Observances

- UV Safety Month
- National Minority Mental Health Awareness Month
- Panic Attack Awareness Day (July 10)
- International Self-Care Day (July 24)
- National Seasonal Affective Disorder (SAD) Day (July 24)



We are pleased to share a Summer Sweepstakes opportunity for you and your employees through our financial partner, Balance!

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

July's Skill Building Webinar

Thursday, July 17th | 12pm PT

From Conflict to Collaboration: Navigating Workplace Interpersonal Challenges

We spend most of our waking hours at work—and the quality of our relationships can make or break that experience. Join Uprise Health for our next skill building webinar as we explore the real impact of workplace dynamics on well-being and performance. Learn practical strategies to navigate common challenges and build stronger, more supportive connections at work. Because when relationships thrive, so does your team.

Register

Article Round-Up

- <https://blog.ifebp.org/providing-stability-in-times-of-uncertainty-tips-for-employers/>
- <https://worldatwork.org/publications/workspan-daily/most-employers-hold-firm-on-well-being-offerings-but-want-results>
- <https://www.benefitspro.com/2025/07/02/employers-beware-supreme-court-ruling-for-aca-preventive-services-could-still-change-the-benefits/>
- <https://blog.ifebp.org/top-10-benefits-related-impacts-of-the-one-big-beautiful-bill-act/>

- <https://www.benefitspro.com/2025/07/07/tax-law-signing-may-lead-to-new-fight-for-pbm-hsa-and-hra-changes/>
- <https://hrdailyadvisor.com/2025/07/08/6-reasons-it-pays-to-invest-in-your-employees/>

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!