



Welcome to the Client Newsletter!

Hello,

June marks the official start of summer! For many, that means school's out, summer breaks are beginning, and calendars are filling up with outdoor adventures, family vacations, and community events. As life gets busier, we're here to help you and your team stay grounded and supported.

This month, we're highlighting Men's Health, a time to raise awareness around preventable health issues and encourage early detections and treatment for men and boys. Check out our Men's Health Toolkit below!

We're also proud to celebrate Pride Month, honoring the LGBTQ+ community and reinforcing our commitment to inclusive care and support for all.

Other observances this month include:

- National Fresh Fruit & Vegetables Month
- National PTSD Awareness Month
- Family Health & Fitness Day (June 14)
- World Blood Donor Day (June 14)
- Juneteenth (June 19)
- International Day of Yoga (June 21)

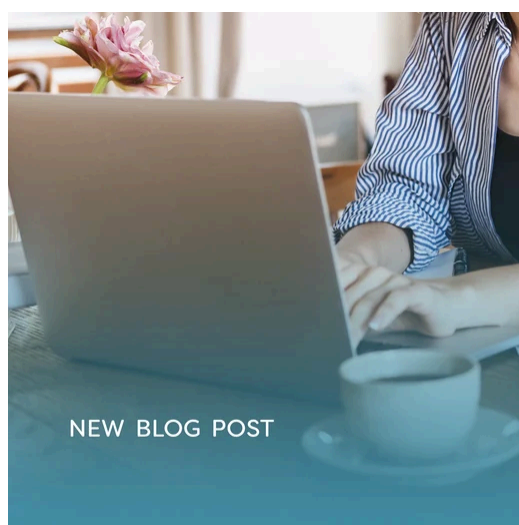
Let's make June a month of awareness, action, and connection!

Help Your Team Stay Connected and Informed

Encourage your employees to sign up for the monthly Claremont Member Newsletter —packed with mental health tips and well-being resources to support their personal and professional growth.

To ensure smooth delivery, remind your team to add marketing@uprisehealth.com to their safe senders list so they never miss an issue.

Sign Up Today!



NEW BLOG POST

What Diversity in the Workforce Really Looks Like

Diversity in the workplace is more than just a buzzword; it's a mindset that values all voices and fosters innovation. By rethinking hiring practices and creating inclusive environments, companies can build teams where everyone thrives.

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

Highlighted Resource

Men's Health Toolkit

June is Men's Health Month, and we're spotlighting a comprehensive toolkit designed to support men's well-being across a wide range of topics. From cardiovascular disease and cancer to diabetes, respiratory illness, and alcohol-related liver disease, this resource covers it all. Take a proactive step toward better health and explore the toolkit today.

Click to access



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!