



## Welcome to the Client Newsletter!

Hello,

As the holidays approach, life tends to get a little busier, and a little brighter. It's a time for celebration, connection, and maybe a few extra treats! The holiday season can also bring stress, as routines shift and healthy habits relax. So, as you prepare your organizations for the holiday season – from schedule changes to fluctuating energy levels – we're here to help you support your teams stay healthy, connected, and resilient at work and beyond.

*Wishing you and yours a Happy Thanksgiving, from all of us at Claremont!*

## What's Happening in November Mental Health & Wellness Observances

- [National Family Caregivers Month](#)
  - COPD Awareness Month
  - National Diabetes Month
  - National Diabetes Heart Connection Day (November 9)
  - Veterans Day (November 11)
  - World Pneumonia Day (November 12)
  - World Diabetes Day (November 14)
  - World COPD Awareness Day (November 18)
  - [International Men's Day \(November 19\)](#) - Check out our [Men's Health Toolkit!](#)
  - [Great American Smokeout \(November 20\)](#)
  - National Family Health History Day (November 26)
  - Thanksgiving Day (November 26)
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## Do Your Employees Need a Little Extra Support this Holiday Season?

**Promote Coaching within the Uprise Health App, with the Claremont EAP, 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!

## November's Skill Building Webinar

Thursday, November 20th | 12pm PT

### Bucket List Brilliance: Practical Tips to Accomplish Your Goals

Ready to turn your dreams into reality? Whether you're aiming to run a marathon, make a meaningful connection, or embrace a healthier lifestyle, this webinar is designed to help you focus on what matters most. In the rush of everyday life, personal growth can easily take a back seat, but with the right strategies, you can move your goals front and center. Join us in our last skill building webinar of 2025 to discover actionable tips for staying motivated, building momentum, and celebrating every milestone along the way.

[Register](#)

## Article Round-Up

- [Employers underestimate employee vulnerability to medical bills](#)
- [Workers say they didn't take a single vacation day in the last year](#)
- [Environmental Disasters and Mental Health](#)
- [Building Inclusive Health Benefits for a Modern Workforce](#)
- [Solid Benefits Keep Employees at Current Job](#)
- [Employee Leave Experience can Boost Retention](#)
- [Average Family Job-Based Coverage hits \\$27K](#)
- [Retirement Plans 2025 Year-End Action Items](#)
- [Health care workers face high rates of poverty, food insecurity](#)
- [Baby Boomers Aren't Ready to Retire](#)
- [Social Security Announces 2.8 percent Benefit Increase for 2026](#)
- [Employers 'hungry for ideas' to hold down health claims](#)
- [For the CFO: ROI Metrics for Generative AI](#)

## 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!