

# CLAREMONT

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## Welcome to the Client Newsletter!

Hello,

As summer winds down and the rhythm of fall begins, we find ourselves in a season of transition: back-to-school routines, shifting schedules, and fresh opportunities to refocus on wellness. Whether you're navigating new challenges or simply soaking in the change of pace, this month's newsletter is here to support you and your teams with timely resources and insights. Let's step into the season with clarity, purpose, and support—together.

## What's Happening in September

### Mental Health & Wellness Observances

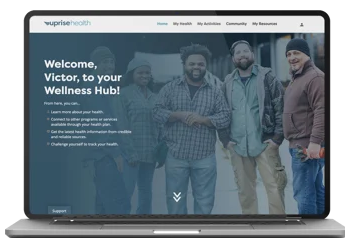
- National Recovery Month
- National Suicide Prevention Month
- Healthy Aging Month
- World Suicide Prevention Day (September 10)
- National HIV/AIDS Awareness Day (September 18)
- National Aging Awareness Day (September 18)
- National Women's Health and Fitness Day (September 24)

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**Did you know that Claremont offers a Wellness Hub?**  
**Engage, educate, and empower employees through a flexible, mobile-first platform.**

- Health Assessment: 10–15 min lifestyle survey with instant feedback
- 20+ Ready-to-Launch Wellness Challenges
- Health Content Library: Articles, videos, podcasts, calculators
- Device & App Integration: Fitbit, Garmin, Strava, Apple, Samsung
- Add-Ons: SSO, health coaching, biometric device integration, incentive engine

Contact your Account Manager to learn how to take advantage of this program!



**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 Balance Portal, the Module of the Month, and all the great resources Balance offers.

Login Today!

## BalanceTrack *Be On Track* Module of the Month

### 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

## September's Skill Building Webinar

Thursday, September 18th | 12pm PT

### Facing Change: Building Resilience in the Workplace

Change is inevitable, but the resilience to process and handle change is a skill. Join Uprise Health for our next skill building webinar as we explore how workplace shifts affect your mindset, energy, and performance — and how resilience can help you adapt and grow. You'll learn practical strategies to stay grounded, build confidence, and move forward with purpose. Whether change

feels overwhelming or exciting, this webinar will help you face it with clarity and strength.

[Register](#)

## Article Round-Up

- [Workers Say Financial Stress Impacts Their Productivity](#)
- [The Best Leaders Normalize Emotion at Work](#)
- [The Durability of the Hybrid Model](#)
- [Boosting Employee Engagement](#)
- [Survey Report: Flexible Work Options](#)
- [Looking Ahead to Benefits in 2026](#)
- [The Importance of Wellbeing in the Workplace](#)
- [Rising Healthcare Costs: What Employers Need 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!

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