An Employee's Guide to Accessing Uprise Health Resources

STEP 1

Go to aub.ie/thrive.

This link will take you to an Auburn University Human Resources Benefits website.

STEP 2

Click on the Employee Assistance Program (EAP) button.

Here you will find information on the EAP, mental health and substance abuse and Wellness Resources.
STEP 3

**Click on Uprise website.**

You will be able to access mental health and wellness resources from Uprise.

STEP 4

**Use code: AUBURN.**
STEP 5
Click Next.

STEP 6
Scroll down and click on Work-Life Sign In.
STEP 7
Type "Auburn" in the Access Code box.

STEP 8
Click on SIGN IN.
STEP 9
Welcome to Uprise Health's Work-Life Portal!
In your Work-Life Portal, you can click on a variety of topics to learn more. Let’s look at a few examples.

STEP 10
Click on Finances.
STEP 11
A dropdown of topics will appear. You can click on any to learn more.

STEP 12
Let's look at another example. Click on Legal.
STEP 13
Click on "here" under CLC Legal Resources.

STEP 14
This will take you out to another resource center. Click LOGIN to set up an account. This is safe to create.
STEP 15
Click on REGISTER NOW to set up an account with the legal resource center.

STEP 16
You can use your Auburn email to get started when prompted.
STEP 17

Once your account is created, you can click on Legal Information to learn more.

How it works

- It’s easy to start. Click on the title of the document you need and a questionnaire will open in your web browser (PC or MAC).
- Move through the questionnaire answering all the questions. The documents have detailed, step-by-step instructions.
- You will see your document being created during the process.

STEP 18

Another resource in your Work-Life Portal is webinars. Click on Webinars.

WEBINARS
Get expert advice on important topics.
STEP 19
You can access a variety of upcoming and archived resources from here.

STEP 20

Need Assistance? Call 1-800-925-5327.

No one has to suffer alone. Reach out for help through the 1-800 number or our online resources. As always, please email benefit@auburn.edu with any questions related to the EAP or mental health services. We will be glad to assist.