



Tess, AI Chatbot

Employee Assistance Program (EAP)

Tess is an AI chatbot that provides emotional support and check-ins to boost your wellbeing.

Boost Your Emotional Wellbeing

Tess is available at your convenience to deliver secure emotional support. Easily connect via text messaging whenever and wherever you need.

Tess is trained to deliver emotional support that aligns with recommendations from mental health experts. While Tess is not a therapist, she is trained by industry leaders to ensure you have useful and supportive interactions.

Tess listens carefully and sends reminders to reinforce skills learned in previous discussions. These check-ins can be completed at your leisure to foster resilience and boost your emotional wellbeing.

How Will Tess Support Me?

- Chat with Tess for unbiased emotional support in the moment you need it the most.
- Build resilience and self-awareness by practicing coping skills at your convenience.
- Tess follows up with reminders and check-ins to reinforce use of skills learned in previous conversations.
- The more you chat, the more Tess will get to know your needs and preferences to deliver personalized support.
- Tess provides resources relevant to your needs.

Connect with Tess AI Chatbot

Text this number (650) 825-9634.

- Text “Hi” to activate your account for the first time.
- Text “Stop” if you would like to stop receiving texts from Tess AI.
- If have stopped your access, and you’d like to reconnect with Tess AI- text “Start” to reactivate your account.

Uprise Health

We are here to help.

Call: 800-327-3517

Website: uprisehealth.com/members

Access Code: UNS