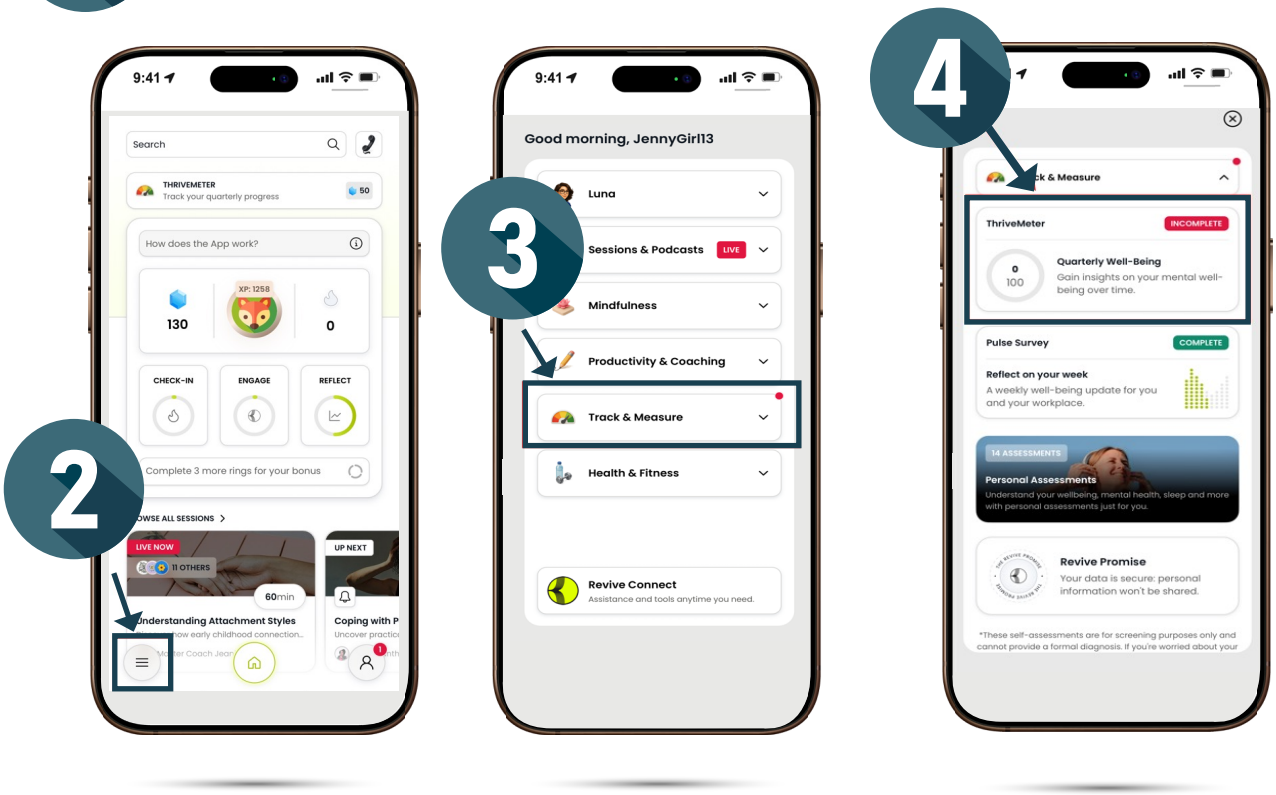
ThriveMeter

A confidential self-assessment to check in on your mental wellbeing

How to access:

1 Scan to log into the Revive & Thrive Platform



Take the ThriveMeter today and start prioritizing your wellbeing! New to the R&T platform? Enroll Now

SCAN HERE

1 **What is the ThriveMeter?** A quick, confidential self-assessment tool to check in on your mental wellbeing, provided by Revive Health.

2 **Personalized Insights:** Understand your current wellbeing levels across key areas (e.g., stress, mood, energy).

3 **Work-Life Balance:** Identify areas where work may be impacting your personal life and vice versa.

4 **Early Intervention:** Catch potential issues early, before they escalate.

5 **Tailored Resources:** Get recommendations for relevant R&T content, programs, and support.

revive