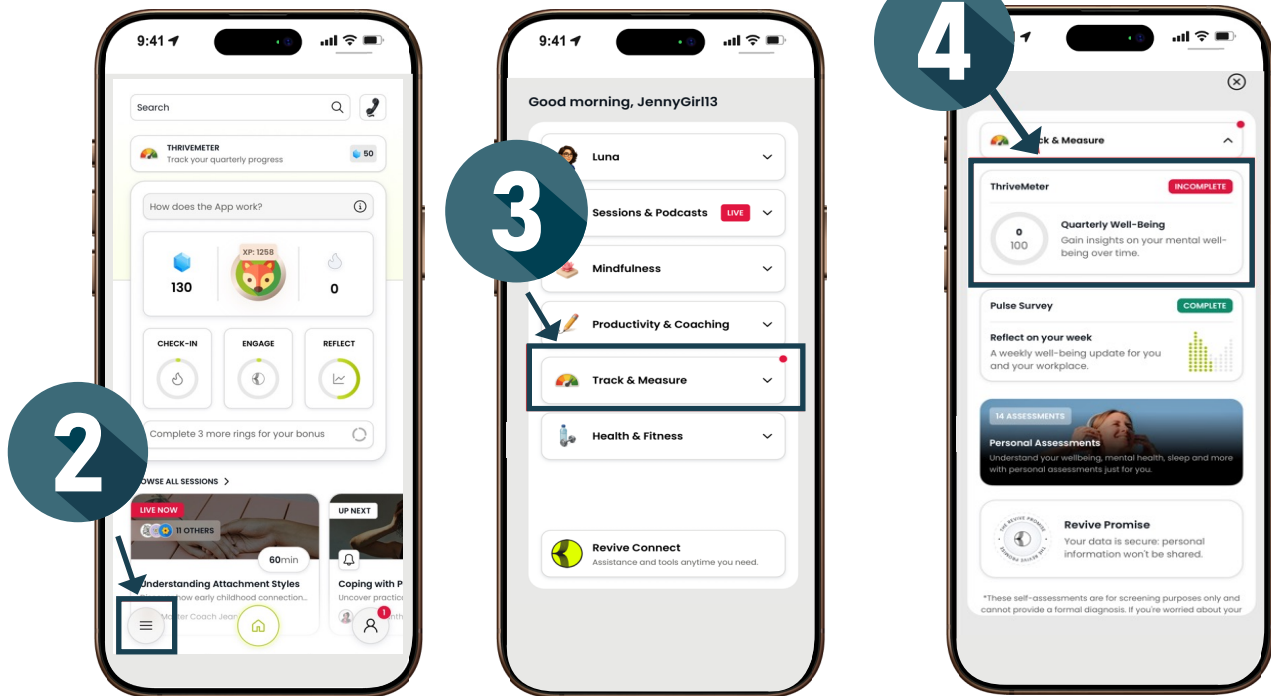


ThriveMeter

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.