

# revive & thrive.

Support services for when life gets challenging.

## What is Revive & Thrive?

Revive & Thrive provides you and your household members with free, confidential support to help with personal or professional problems, concerns or challenges that interfere with feeling or performing at your best. You have access to 5 sessions per unique issue per year.

## How does it work?

Assess	Support	Thrive
<p>Speak with a master's level clinician who will provide:</p> <ul style="list-style-type: none"><li>Immediate emotional support</li><li>Holistic needs assessment</li><li>Collaborative support plan</li></ul>	<p>Connect you to appropriate support which may include:</p> <ul style="list-style-type: none"><li>Coaching</li><li>Short-term counseling</li><li>Long-term care</li><li>Work-life resources</li><li>Digital and community resources</li></ul>	<p>Provide ongoing support to:</p> <ul style="list-style-type: none"><li>Motivate you to complete your support plan</li><li>Ensure satisfaction with support and resources</li><li>Have a successful resolution</li></ul>

### Confidential

Revive & Thrive is completely confidential about your Information and cannot be released without your written permission.

### Available 24/7

Services are available 24 hours a day, 7 days a week.

### Free

Revive & Thrive is provided at NO COST\* to you and is paid for by your employer.

## Common reasons to contact Revive & Thrive

- Anxiety
- Anger
- Burnout
- Career stress
- Crisis support
- Depression
- Financial
- Grief and loss
- Health/illness
- Legal
- Life events
- Marriage/divorce
- Relationships at work
- Struggling with daily responsibilities
- Substance abuse
- Suicidal thoughts
- Work/Life balance
- Work conflicts

## The Revive & Thrive Platform

The Revive & Thrive platform connects you with services. Whether you need to schedule a consultation, chat with a counselor or access resources to help you on your wellbeing journey, it's all here in one place.

### Features:

- Live group support sessions
- Coaching courses
- AI chat companion
- Premium content and videos
- Wellbeing assessments
- Interactive journal
- Manager trainings
- Ambient sounds & calming space

### better begins today.

Call to access services

**800-327-2251**

*\*\*Virtual-only counseling for individuals 18 and older.*

*\*If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.*

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## Childcare

Revive & Thrive provides up-to-date, carefully screened, national resources and referrals for a range of childcare needs including:

- Adoption and Special Needs
- Before and After School Programs
- Family Daycare and Group Homes
- Nanny and Au Pair Services
- Nurseries and Preschools
- Summer Camps

## Eldercare

Revive & Thrive provides up-to-date, national resources and referrals for a range of eldercare needs including:

- Home-Based Services: Nutrition, Meals on Wheels, Cleaning and Repair
- Housing: Retirement Communities, Subsidized Housing
- In-Home Care: Medical and Nursing Rehabilitation Services
- Inpatient Services: Nursing Homes, Intermediate Care Facilities, Respite Care and Assisted Living Facilities
- Older Adult Services: Support/ Advocacy Groups, Volunteer Opportunities and Adult Day Care
- Transportation Services

## Legal

When faced with a legal matter, contact Revive & Thrive to be connected to an attorney with expertise specific to your needs. Legal benefits include:

- Free 30-minute consultations
- In office or telephonic with local plan providers
- Each consultation must be over a new legal topic
- 25 percent discount on attorney hourly rate/fee, and a 10 percent discount on the flat fee rate

## Financial

You and your household members can access unlimited telephonic financial counseling, information and education from Revive & Thrive's team of highly-trained financial counselors. Typical financial matters include:

- Budgeting
- College Funding
- Credit Counseling
- Debt Management and Consolidation
- Retirement Funding

## how to access services?



Scan to activate  
your account  
today.

**better begins today.**

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