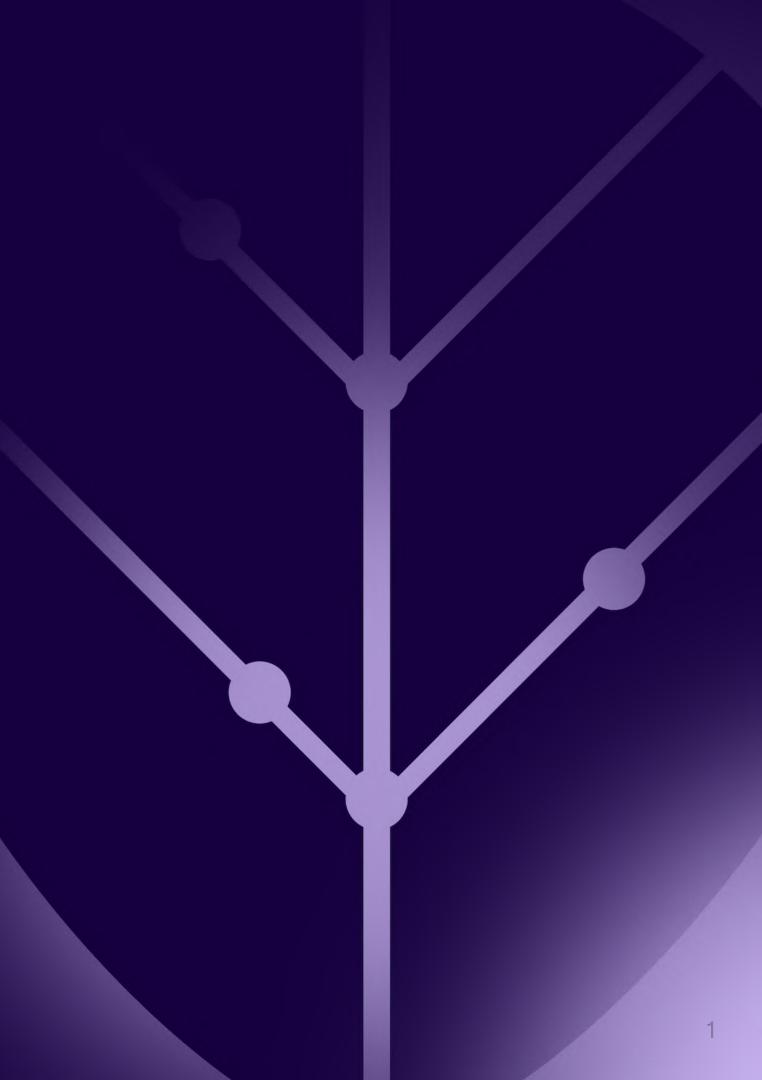
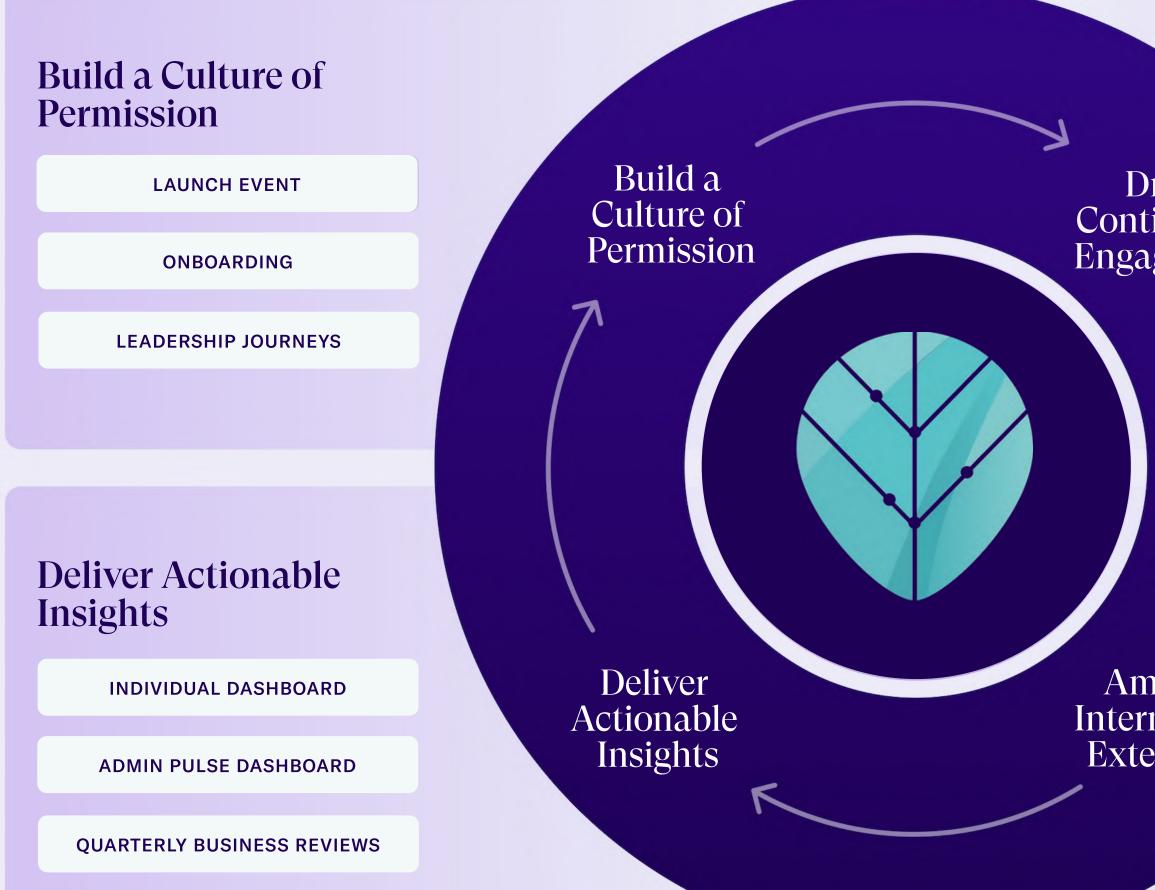


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Thrive's Behavior Change Platform



Drive Continuous Engagement

Amplify Internally & Externally

Drive Continuous Engagement at Scale

PLATFORM

PERSONALIZED JOURNEYS

WORKFLOW INTEGRATIONS

Amplify Internally & Externally

ROLE MODEL STORIES

COURSES & WEBINARS

INTERNAL & EXTERNAL MARKETING

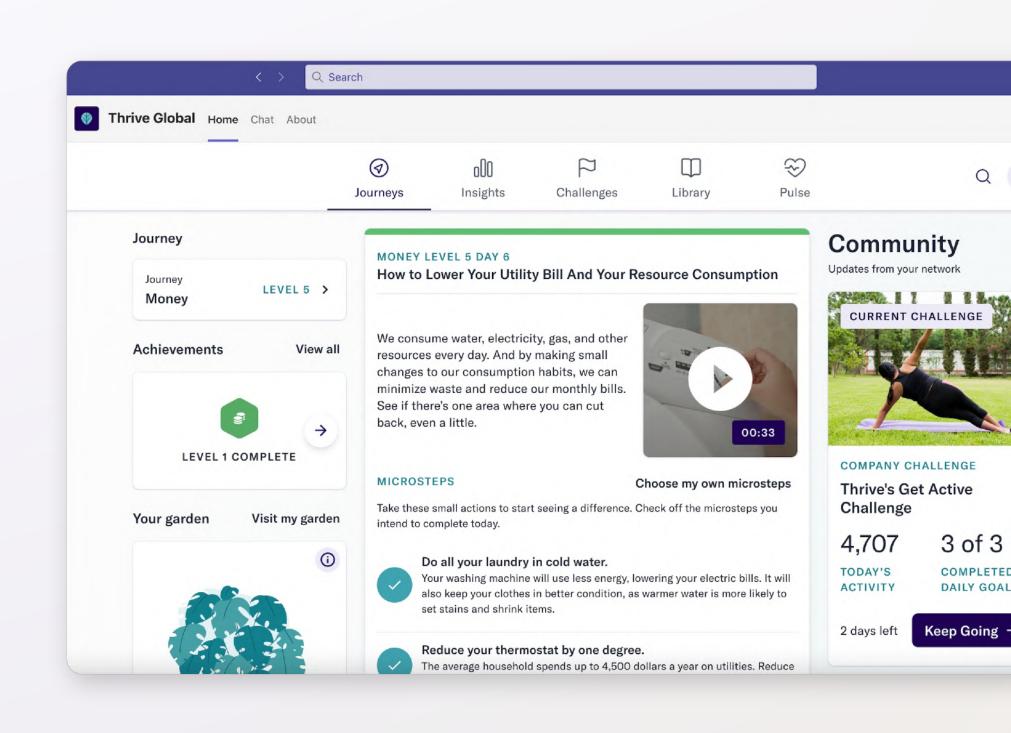
MEET YOUR PEOPLE WHERE THEY ARE



Thrive for Teams

Enhance productivity and meet your employees where they are by embedding the power of Thrive directly into Teams.

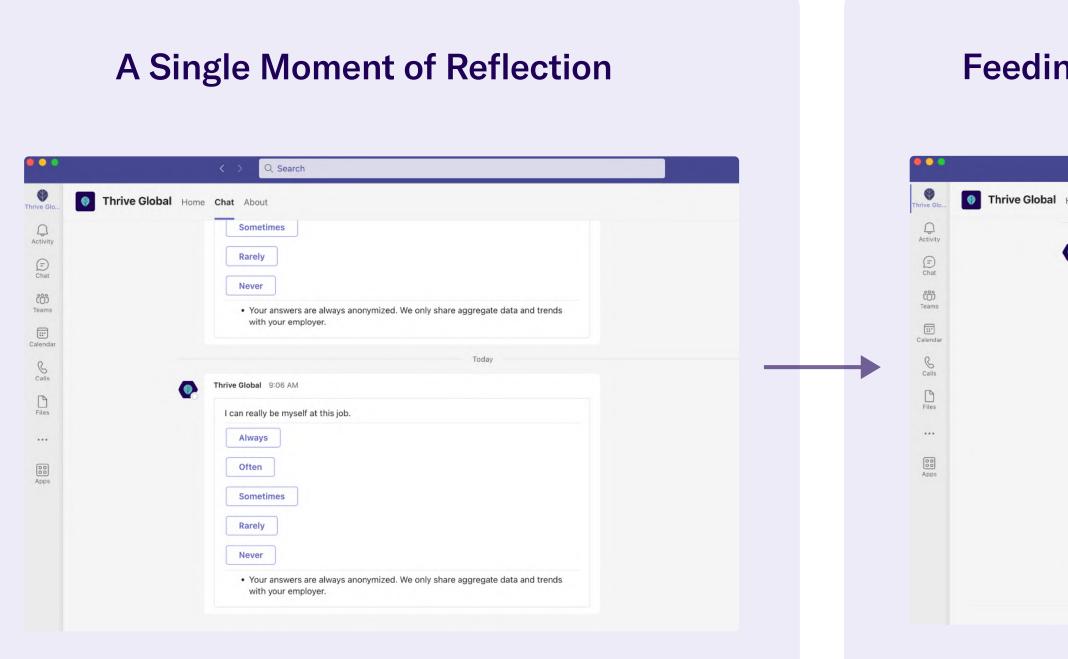
- Scale the power of Thrive to Teams by starting a daily conversation that provides users with personalized, actionable content within Teams.
- Improve your team's productivity, performance, and engagement at scale.
- Get real-time, actionable data on employee sentiment.





Employees Start With a Daily Check-In...

81% OF EMPLOYEES SUBSCRIBED TO DAILY CHECK-IN STAY ENGAGED WITH THRIVE FOR TEAMS WEEK OVER WEEK



Feeding Back Personalized Solutions

t About	
	Today
e Global 9:06 AM Edited	
ou chose "Always" to "I can really be myself at this	s job."
Iow Giving Back Can Reduce Feelings f "Eco-Anxiety" evel 5, Day 7 of Money iving back is a powerful form of self-care. It educes our stress, boosts our mood, and gives us sense of control. And just as we give back to thers or our community, making sustainable hoices can be our way of giving back to the lanet. Watch today's video ake these small actions to start seeing a difference o complete today. Donate a small amount of money to a cause you	
Thrift, donate, or recycle old clothes instead o	if throwing them away.
I'll do these today	
) Your response was sent to the app	×

... and Continue With a Personalized Journey

THRIVE'S PLATFORM IS PERSONALIZED THROUGH SIX FOUNDATIONAL JOURNEYS



RECHARGE

Prioritize sleep and find moments to reset and recharge



FOOD

Be more thoughtful about what you eat and drink



MOVE

Get creative about bringing more movement to each day



MONEY

Improve financial well-being and reduce stress



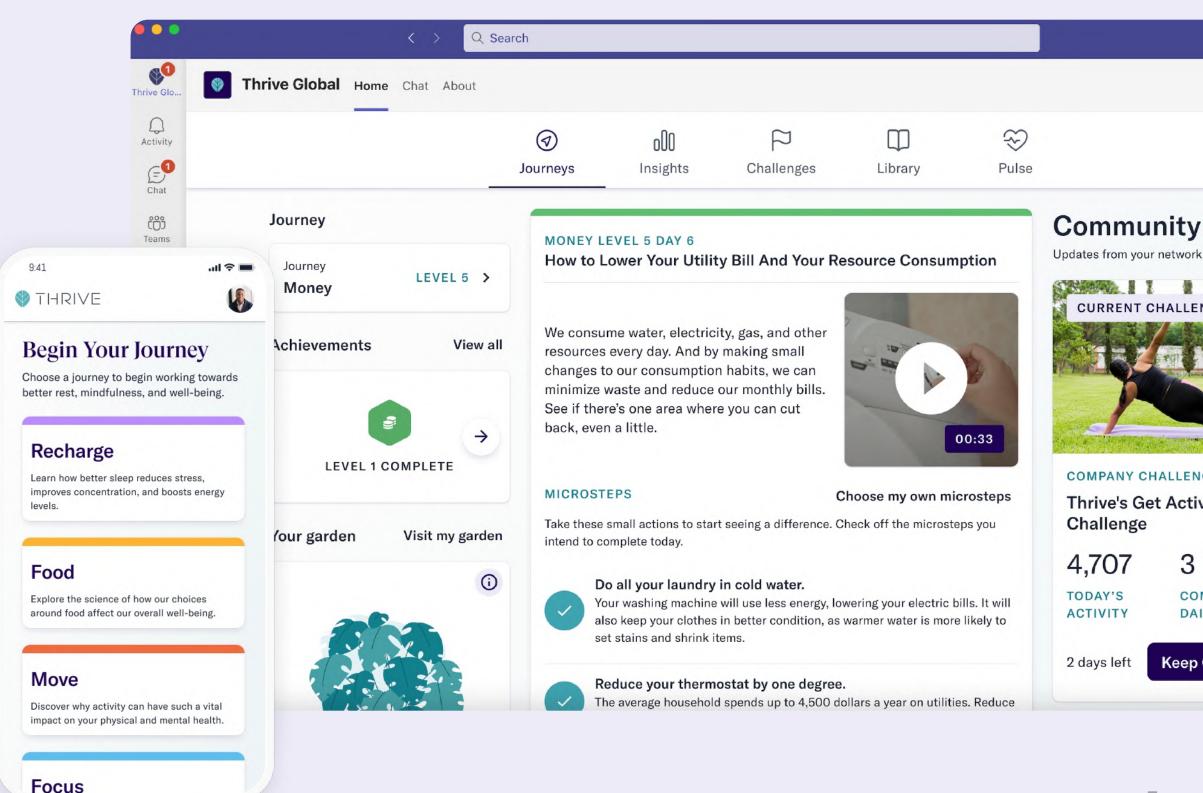
FOCUS

Be more productive by setting boundaries and priorities



CONNECT

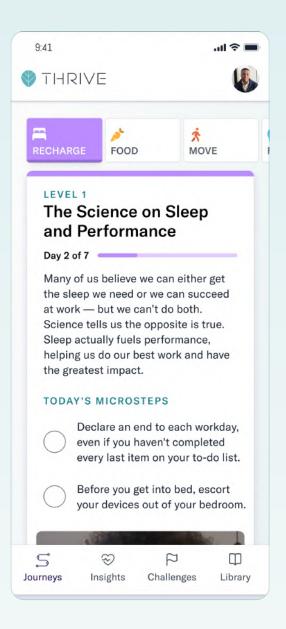
Strengthen connections with yourself and others



Employees Remain Engaged

THROUGH CHALLENGES, CERTIFICATIONS & REAL-TIME INSIGHTS

Daily Check-In questions and realtime solutions



Individualized Journeys

9:41	÷ III
S THRIVE	í.

Begin Your Journey

Choose a journey to begin working towards better rest, mindfulness, and well-being.

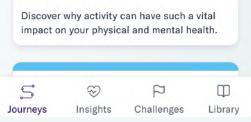
Recharge

Learn how better sleep reduces stress, improves concentration, and boosts energy levels

Food

Explore the science of how our choices around food affect our overall well-being.

Move



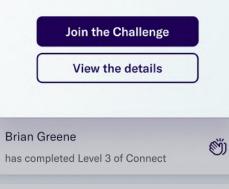
Community & team Challenges

Community

× You're invited!

Join your Co-workers for a 30 day Community Challenge, as you complete your Journey.





Jenna Whyte has completed Level 2 of Move

Ö

Certifications & badges to build motivation

41
×
Great job!
You completed Level 6 of your Sleep Journey. Keep up the great work.
Ê
SLEEP JOURNEY Level 6 - Unlocked
View my Achievements
Share
(f) 🕑 (in) 🖾
COACHING PROMPT
Shift mindsets around sleep, Shift

mindsets around sleep, Shift mindsets around sleep, Shift mindsets around

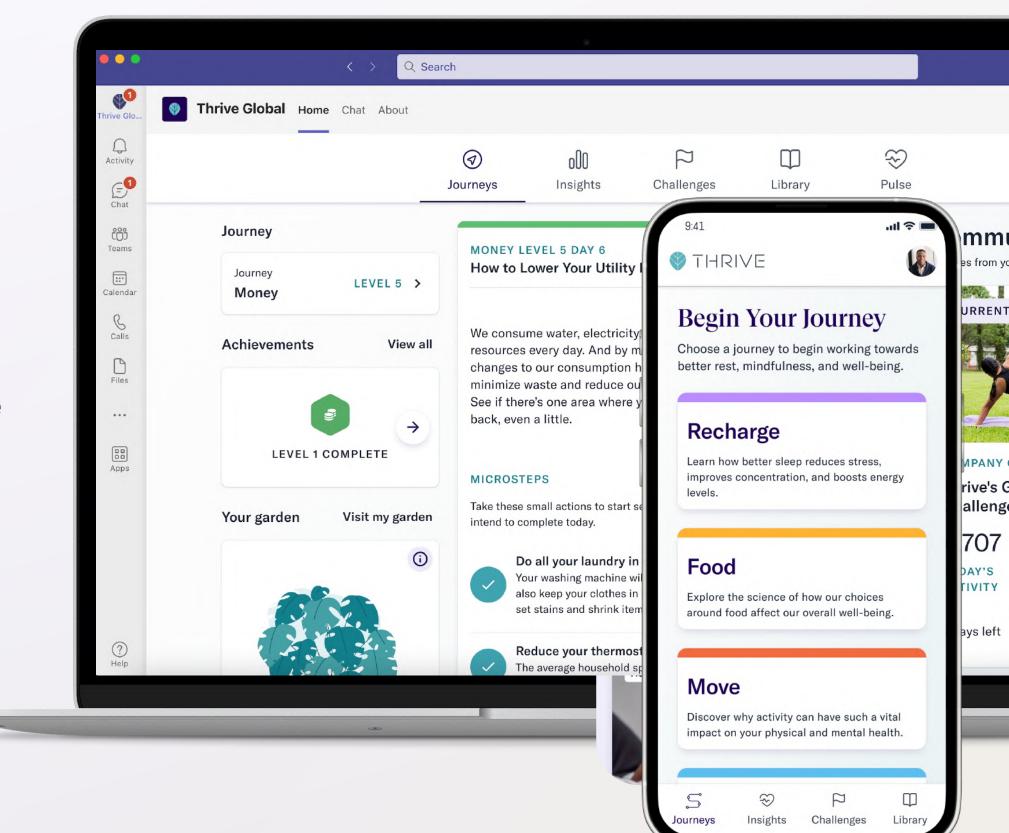
Data insights to track progress



Seamless handoff between platforms

Available on the web, on mobile and in Microsoft Teams – **the Thrive platform meets you where you are with behavior change that's too small to fail**.

Get started today.



Onward. Upward. Inward.

