

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.

How does it work?

Assess	Support	Thrive
Speak with a master's level clinician who will provide: Immediate emotional support Holistic needs assessment Collaborative support plan	Connect you to appropriate support which may include: Coaching Short-term counseling Long-term care Work-life resources Digital and community resources	Provide ongoing support to: Motivate you to complete your support plan Ensure satisfaction with support and resources Have a successful resolution

Confidential

Revive & Thrive is completely confidential about your Information and cannot be released without your written permission. Sessions are available in-person, telephonically, or by HIPPA compliant video platform.

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:

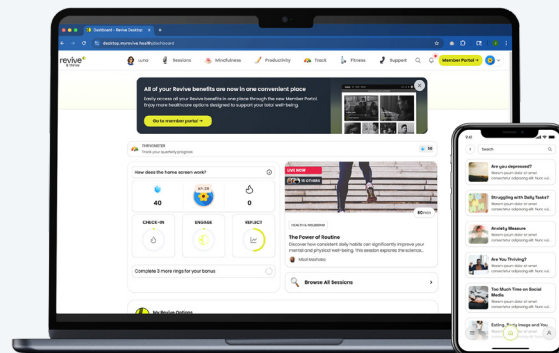
- Live group support sessions
- Coaching courses
- AI chat companion
- Premium content and videos
- Wellbeing assessments
- Interactive journal
- Manager trainings
- Ambient sounds & calming space

better begins today.

Call to access services

800-327-2251

* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan sessions are available in-person, telephonically, or by HIPPA compliant video platform.



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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

Convenience Care

With convenience care, finding what you are looking for is just a phone call away. Revive & Thrive provides up-to-date, national resources and referrals for a range of needs, such as:

- Adult Education Classes
- Airfare, Hotel and Car Rental
- Concert, Sport and Theater Tickets
- Contractors, Handymen, Plumbers and Landscapers
- Party Planning
- Personal Shoppers
- Pet Care
- Spa and Salon Services

how to activate your account?



Scan or click the QR code to activate your account today.

how to access services?

Call: 800-327-2251
Access Member Portal:
member.myrevive.health