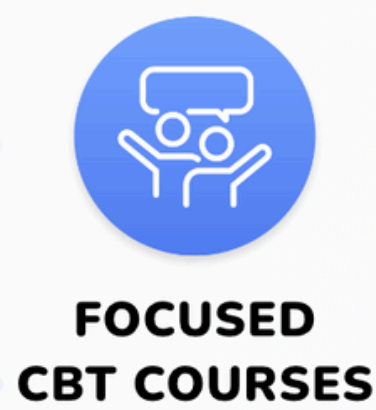


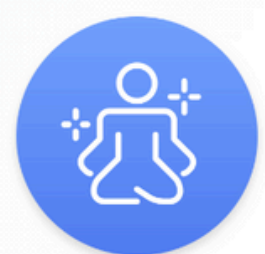
Prioritise your Mental Health

# An overview of the Thrive app

Why not download the Thrive Mental Wellbeing app  
and try out some of the sessions & features?



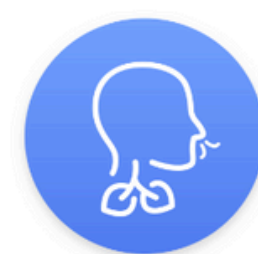
**FOCUSED  
CBT COURSES**



**MEDITATION**



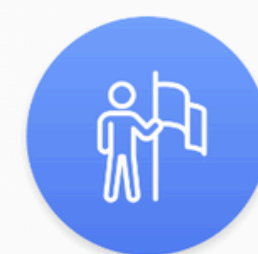
**DEEP MUSCLE  
RELAXATION**



**CALM  
BREATHING**



**PROGRESS  
TRACKING**



**GOAL  
SETTING**



**SELF  
SUGGESTION**



**APPLIED  
RELAXATION**



**WELLBEING  
GUIDES**



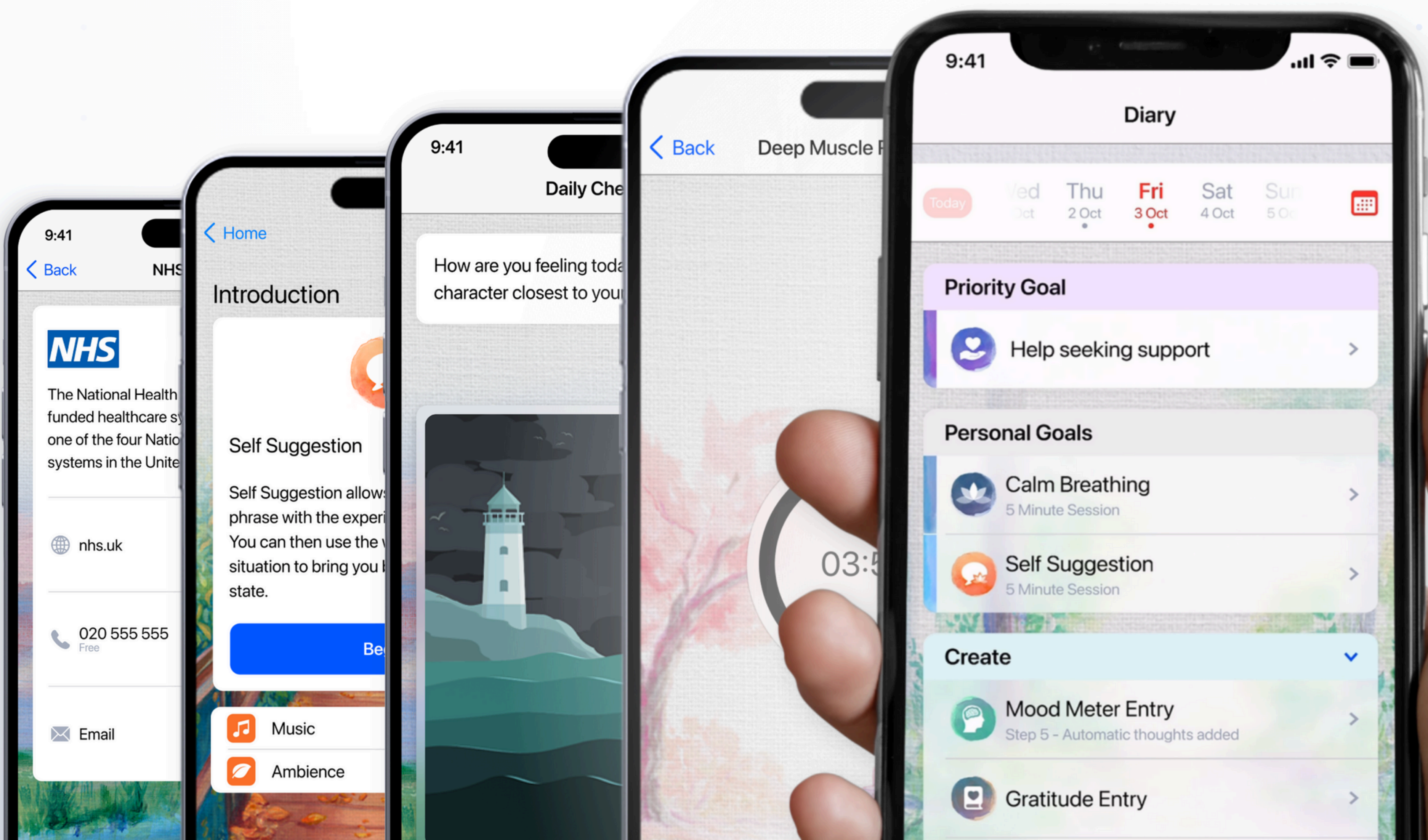
**MOOD  
JOURNAL**



**IN-APP  
ASSESSMENTS**



**EDUCATIONAL  
CONTENT**



The Thrive app can be downloaded from your  
Apple or Android app store. Sign up using  
your exclusive access code.

**Your access code**

Contact your Zurich  
representative



Web application also available  
**[webapp.thrive.uk.com](http://webapp.thrive.uk.com)**