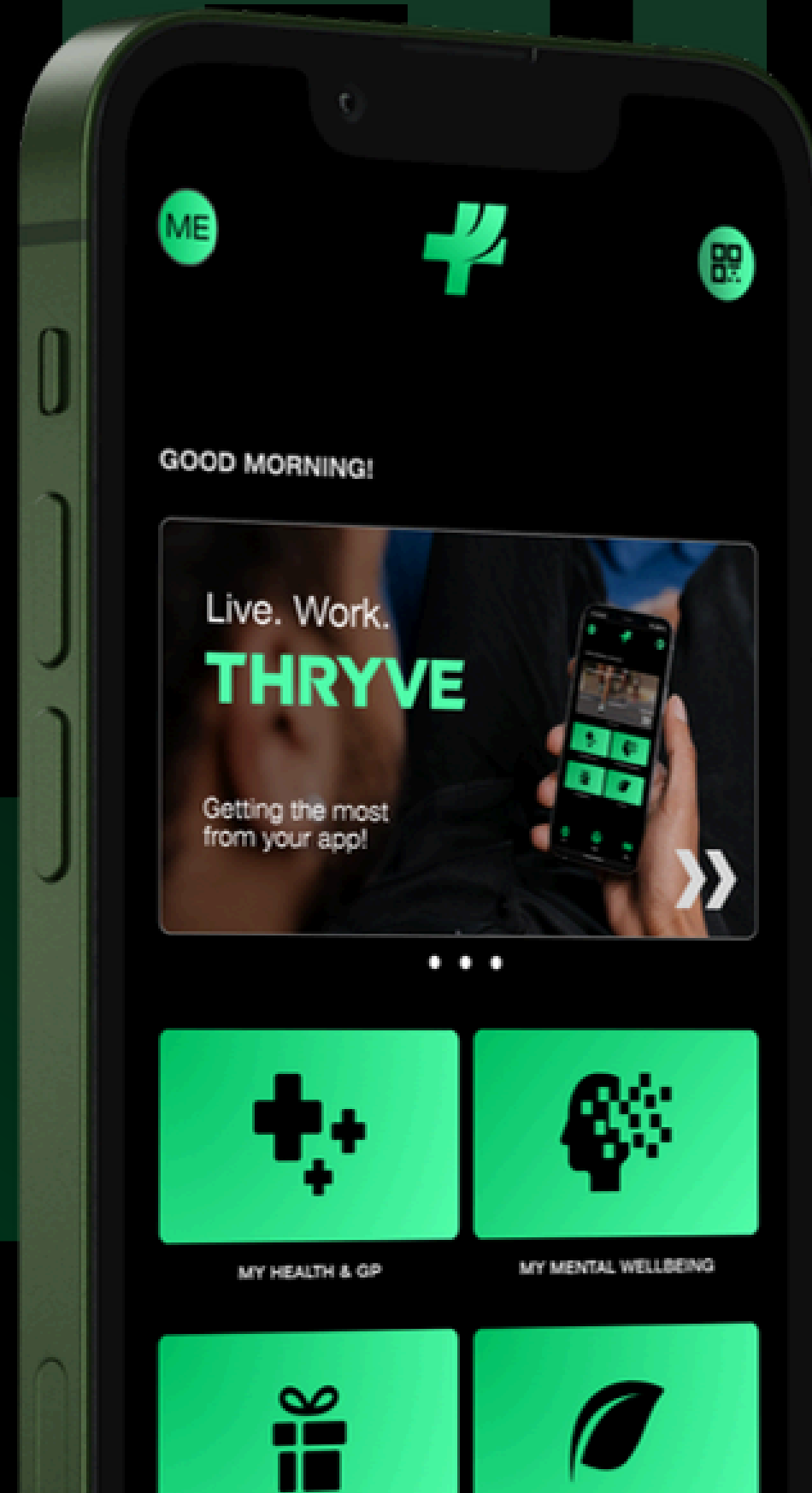


THRYVE

Live. Work. THRYVE

Speak to a GP, book an appointment with a therapist, track your fitness, wellbeing, nutrition and get advice from legal and financial experts at the touch of a button.



PWA WEB APP

In partnership with  **spectrum.life**

About **THRYVE**

Total Health and Wellbeing.

Combining essential health and wellbeing services with discounts and financial rewards in an easy-to-use app, it gives you and your employees and complete peace of mind.

- **24/7 GP access in under 1 minute**
- **Mental health support & therapy sessions**
- **1:1 Life Coaching, 24/7 legal & debt advice**
- **Personalised Virtual Physio service**
- **Discount Market place - 1,000s to choose from**
- **Gym Discounts, fitness tools, online classes & webinars, recipes.**



SERVICES

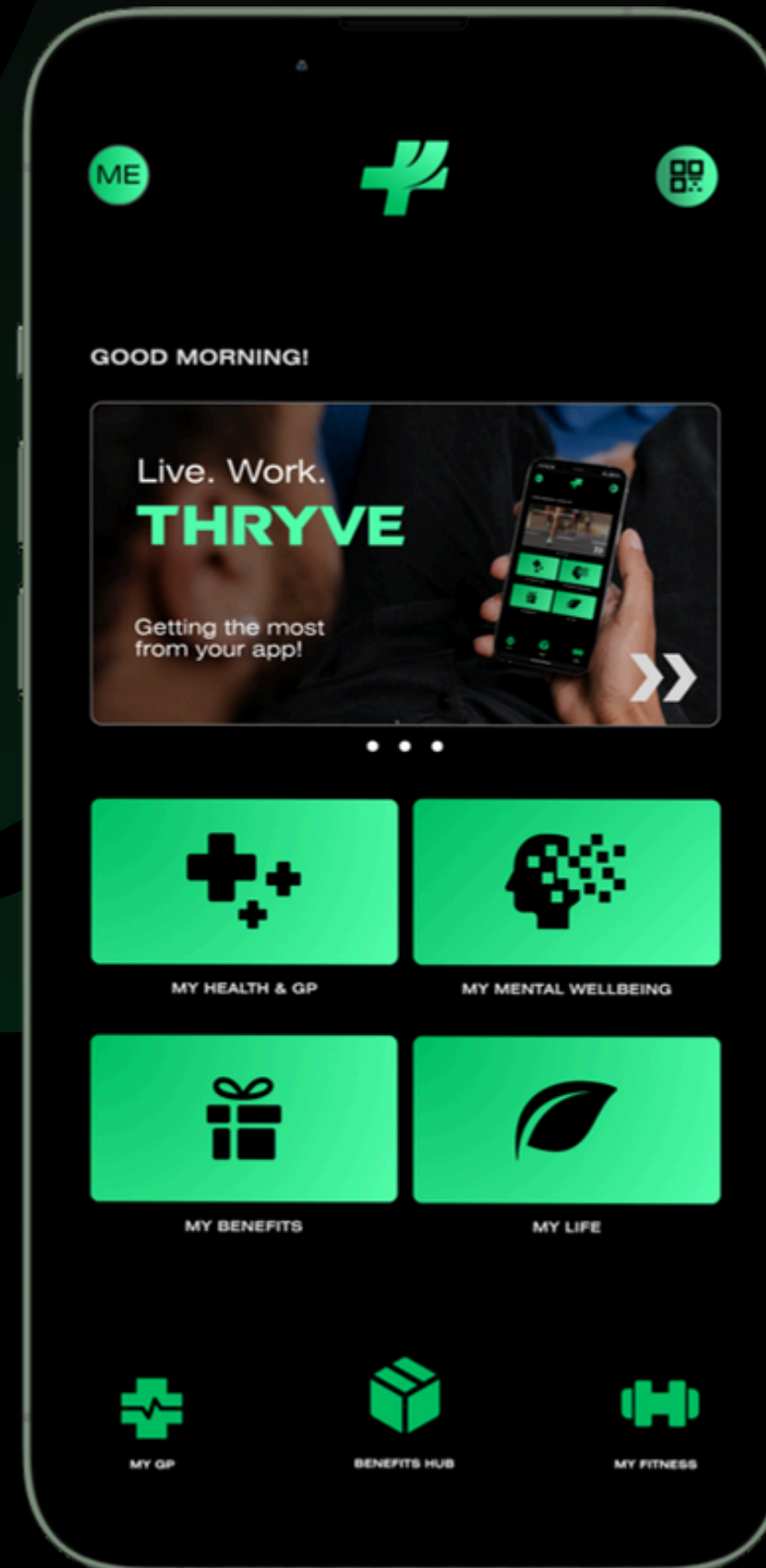
24/7 Health & Wellbeing, 365 days a year.

MY HEALTH & GP

On-demand 24/7 access to a GP, Online Gym & Fitness Workouts, Eye Screening and Virtual Physio.

MY BENEFITS

1,000s of savings for you and your family with recognised brands, fuel savings of up to 3p per litre, and gym membership offers.



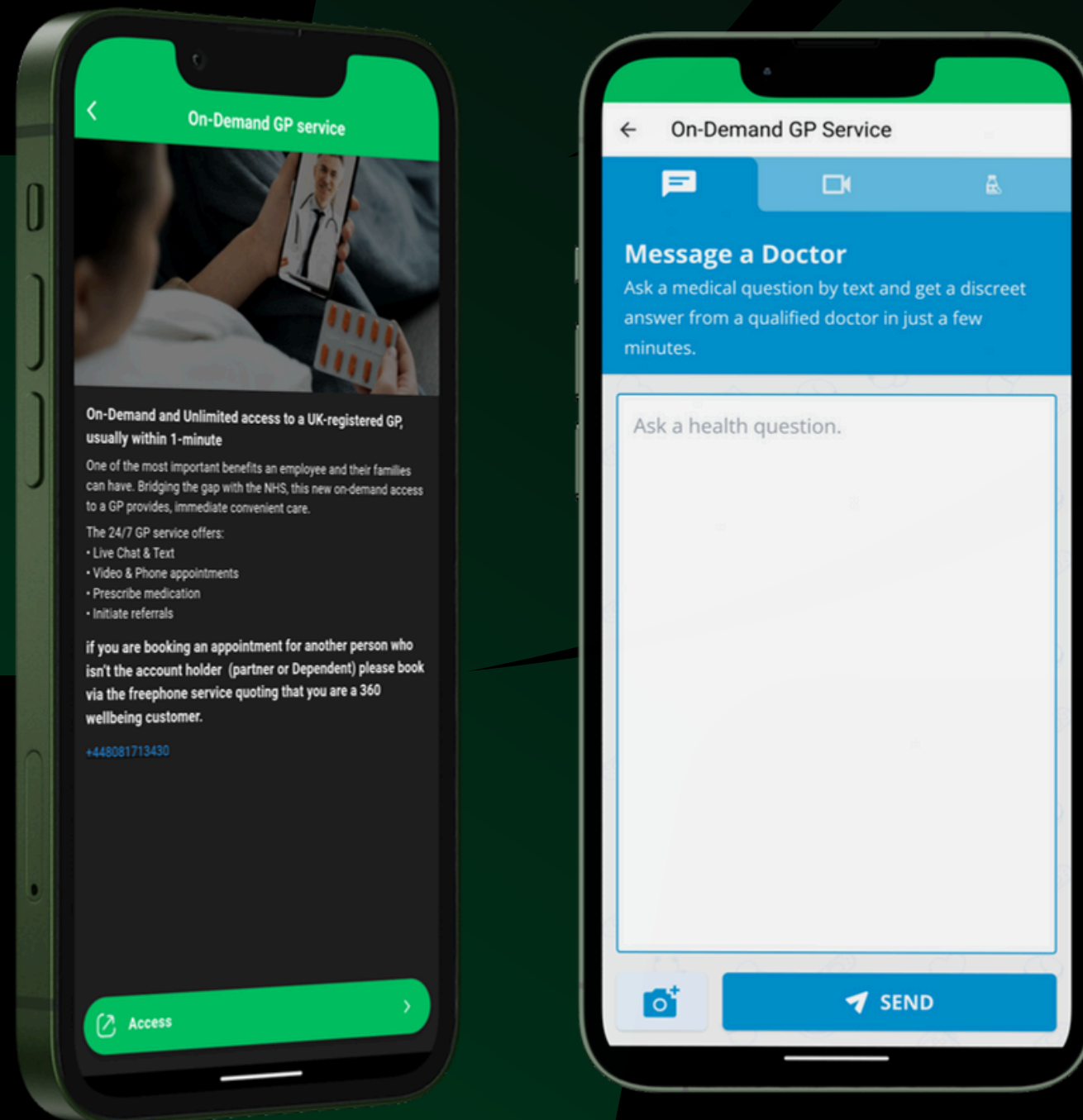
MY MENTAL WELLBEING

Up to 8 sessions (per condition) with BACP accredited therapists, Life Coaching, E-learning and Weekly Webinars.

MY LIFE

Essential help and guidance for everyday lives, including Debt & Legal Helplines, Life Coaching and Complimentary Will Writing service.

MY HEALTH - ON-DEMAND GP



On-Demand and Unlimited access to a Registered GP, usually within 1-minute

One of the most important benefits an employee and their families can have. Bridging the gap with the NHS, this new on-demand GP service provides, immediate convenient care.

The 24/7 GP service offers:

- Live Chat & Text Message
- Video & Phone appointments
- Prescribe medication
- Initiate referrals

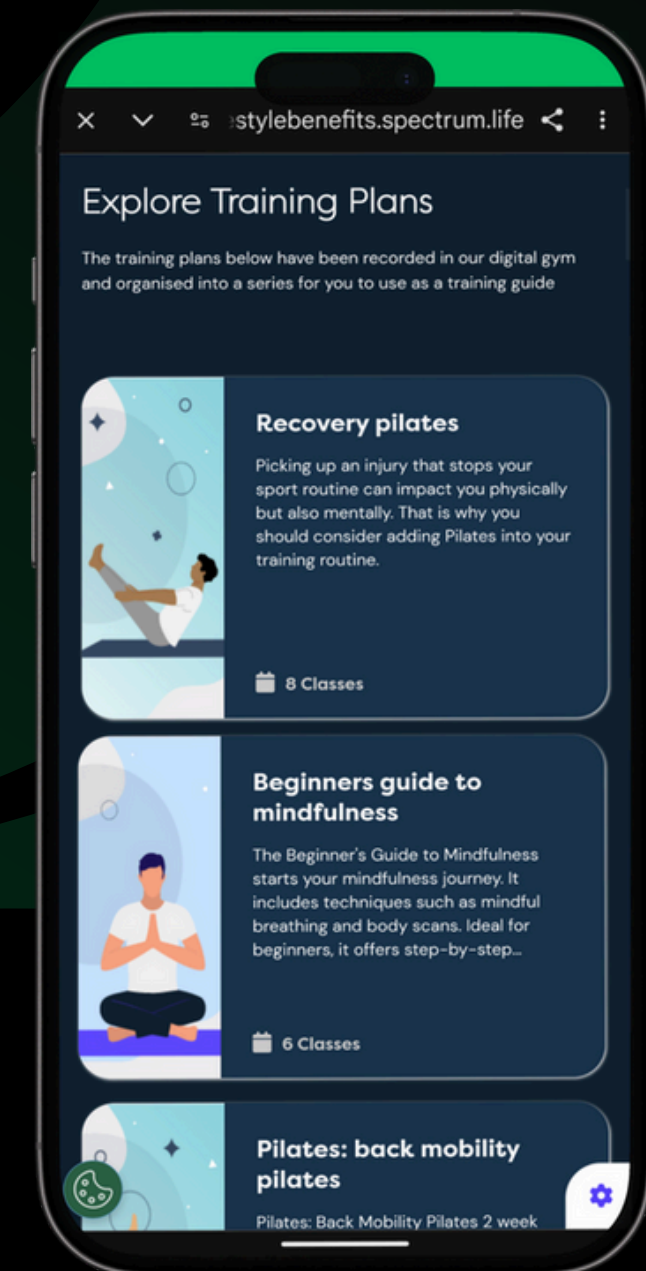
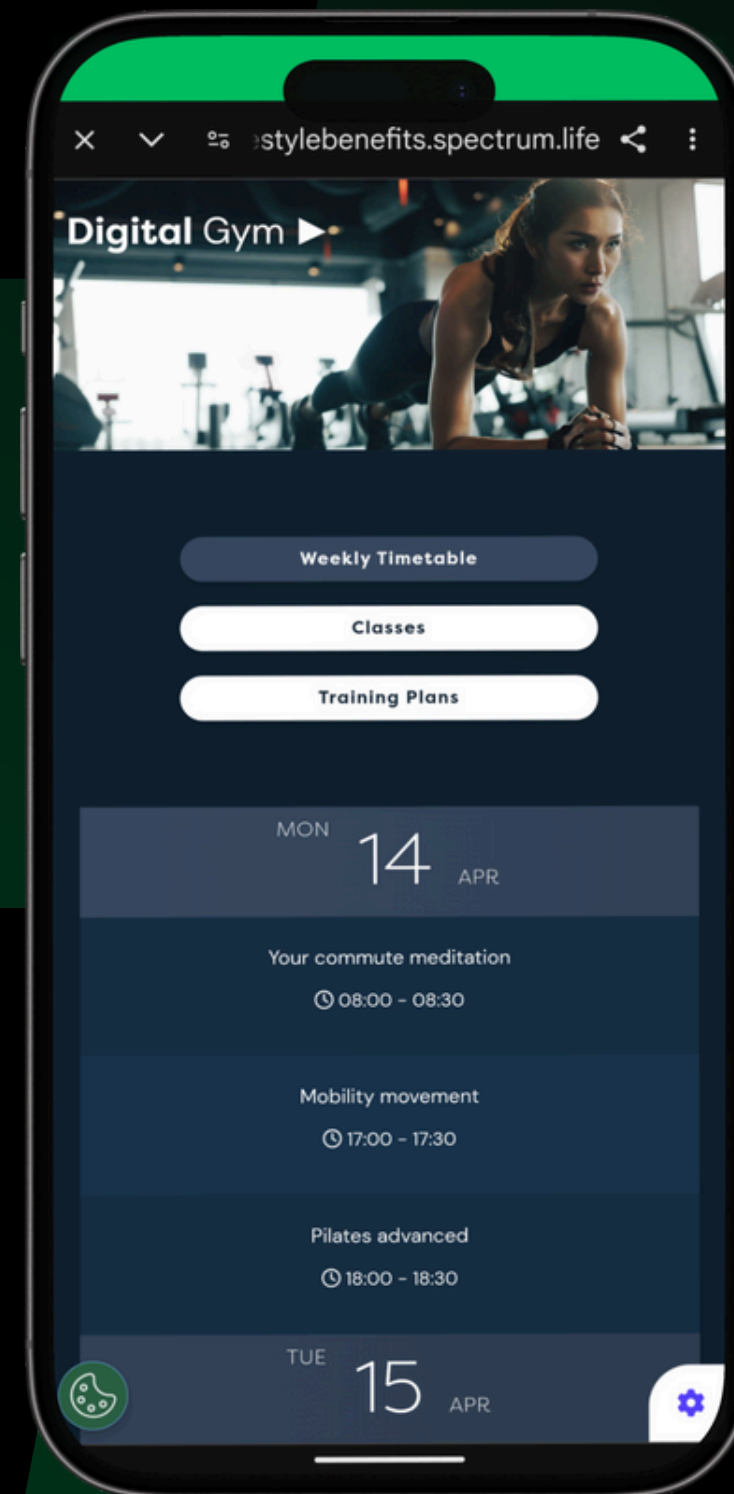
MY HEALTH - DIGITAL GYM



The **Digital Gym** gives you instant access to **live and on-demand** fitness classes.

Find the classes and workouts that work for you with a comprehensive weekly timetable of classes and training plans:

- Mobility & Flexibility
- Commute Meditation
- Active Agers
- Energy Shift Yoga
- Pilates
- Family Fit



MY HEALTH - WELLBEING STUDIO

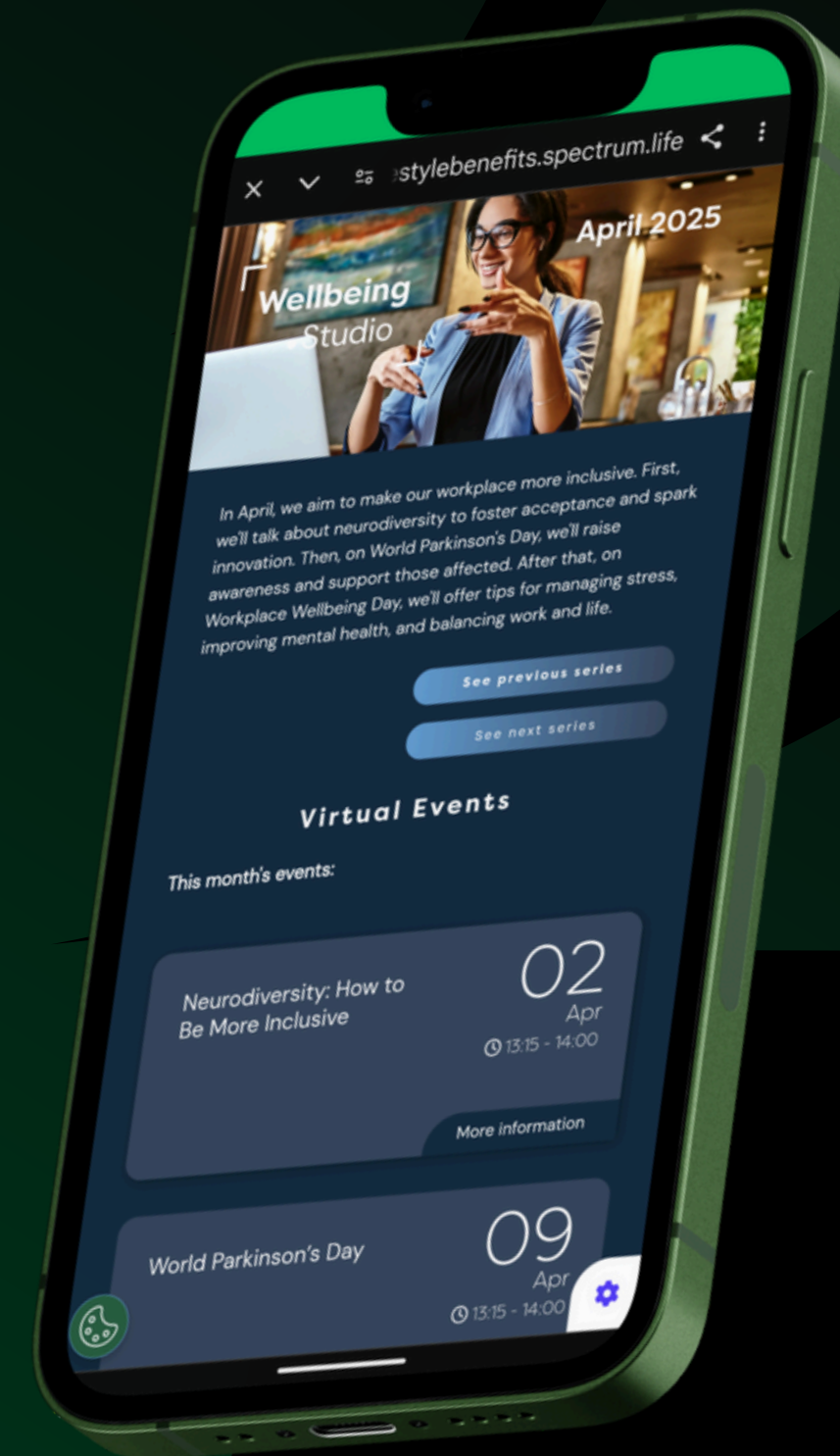


Weekly schedule of Health & Wellbeing Webinars

Live & on-demand access to the largest panel of health and wellbeing experts.

Supporting your company's strategy for employee wellbeing - refreshed every month - employees have access to a rich source of information, learning and webinars:

- Weekly webinars on health & wellbeing topics
- E-learning modules - improve your knowledge
- Downloadable guides - learn in your own time



MY HEALTH - ONLINE PHYSIO



Unlimited access for MSK problems inc. joints and muscles



Phio. Access

Say **Hello** to your virtual **MSK Health Partner**

Phio's online physiotherapy service offers you and your family:

- Unlimited, rapid clinical assessment of Muscular & Skeletal (MSK) injuries
- Personalised treatment recommendations
- Tailored self-care support

MY HEALTH - EYE SCREENING

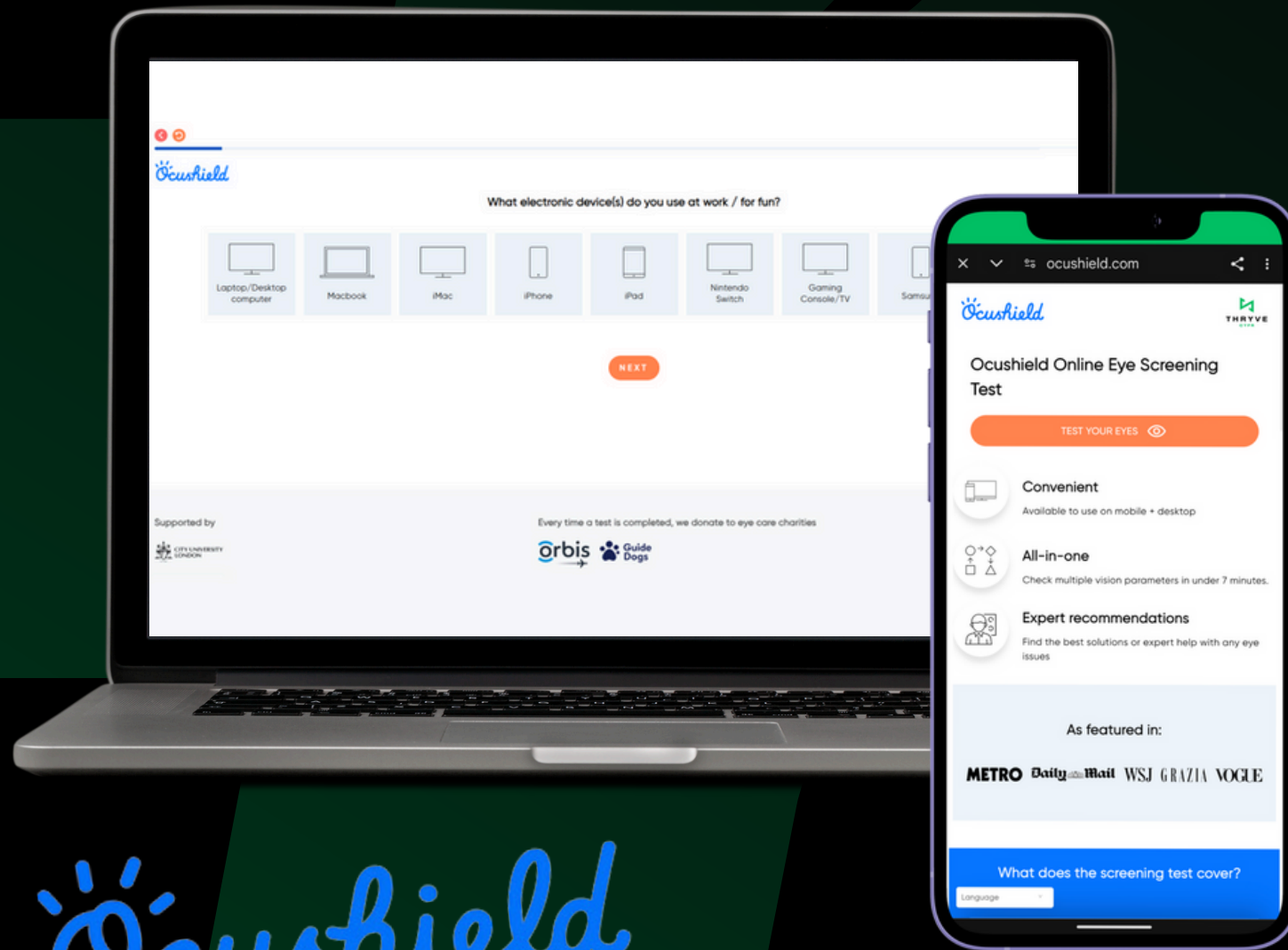


Test your eyes in under 7 mins
(via mobile, tablet or laptop) **with our new online eye screening test.**

Test your overall eye health quickly and easily:

- Check for vision or potential prescription changes.
- Test for astigmatism, visual field and contrast sensitivity.
- Assess your colour vision & depth perception.
- Developed by optometrists for remote workers.

Discover if you need to book an in-person eye with a dispensing optician.



Ocusfield

MY HEALTH - WELLBEING

Mind & body - Fitness, nutrition, wellbeing, Metrics



Access fitness workouts, classes and expert nutritional advice all via the **THRYVE** platform.

Set your goals, track your activity.

Also includes mental health tools, guided meditations, sleep aids and delicious, nutritious recipes.

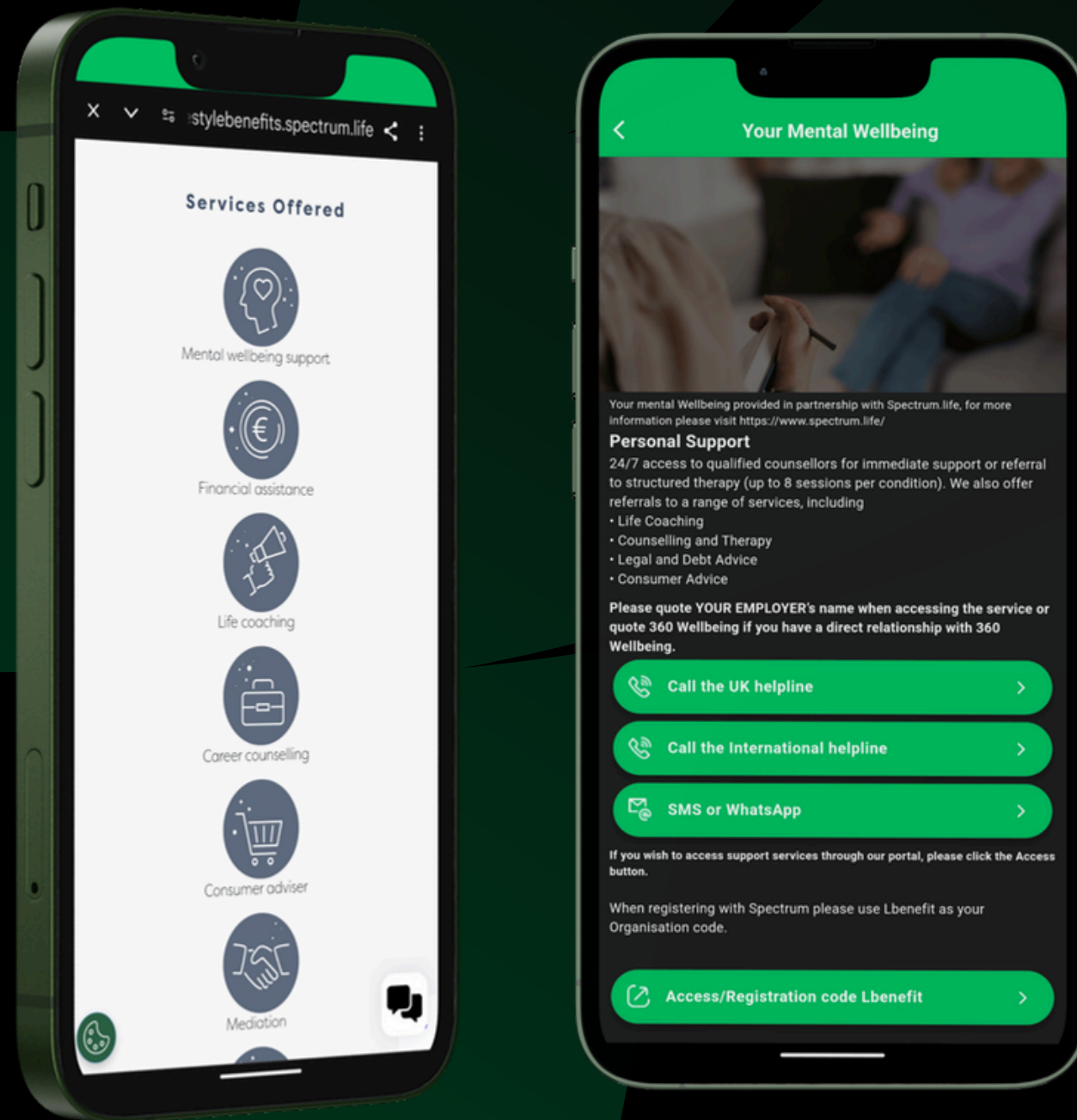
- Sleep aid meditation
- Reduce stress/anxiety
- Improve performance
- Increase happiness



MY MENTAL WELLBEING - SUPPORT



Up to 8 sessions per condition, per year, per employee



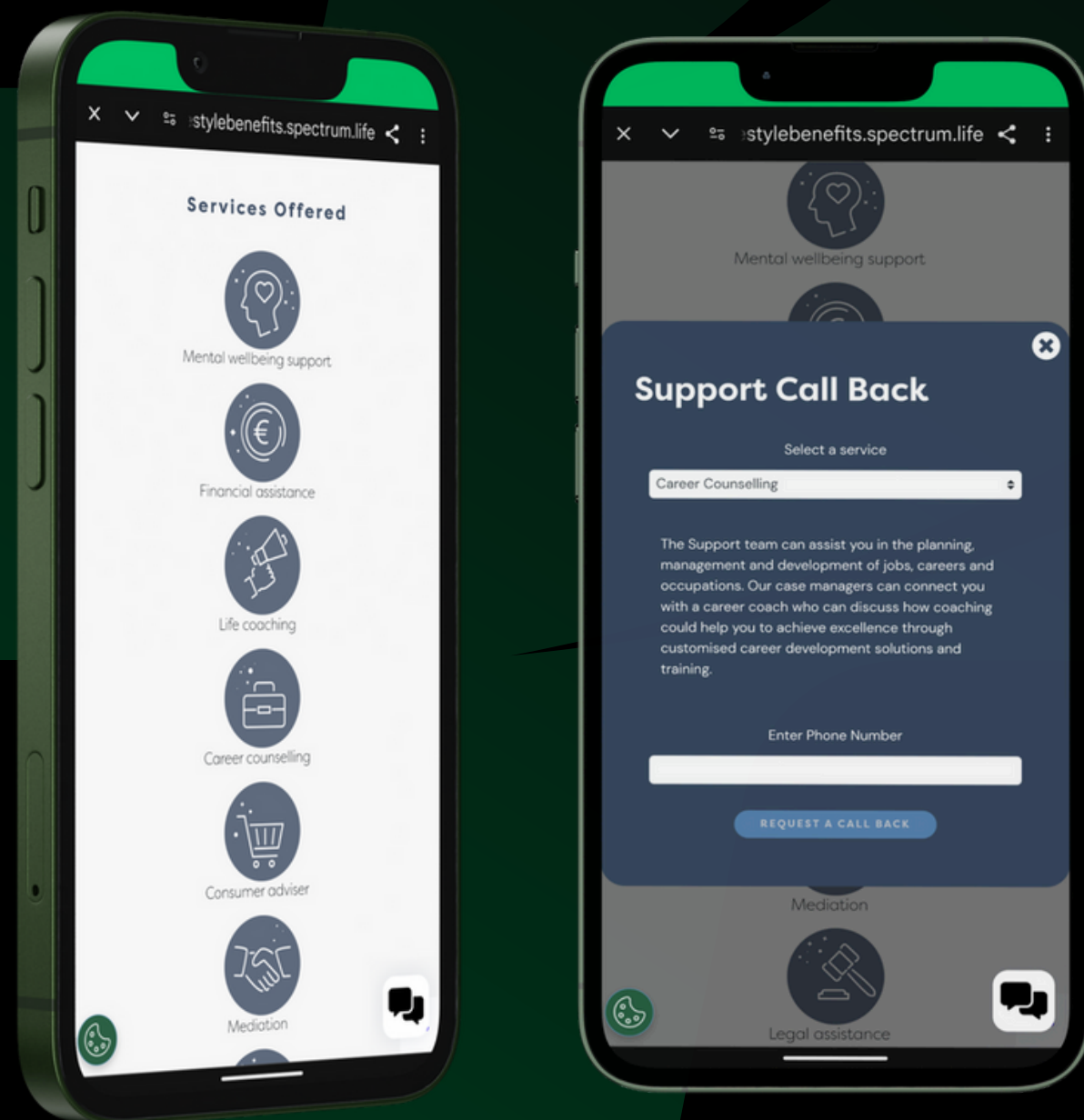
Easy access to **BACP Accredited therapists** with **Video, Phone and Face to Face** appointments

The **24/7** service offers:

- Confidential 24hr support line, 365 days a year
- Fully trained counsellors and therapists
- Personal and work-related issues
- Up to 8 sessions per condition presented in one year



MY MENTAL WELLBEING LIFE COACHING



Life Coaching helps employees
take control of their **lives** and
achieve personal goals

Not to be confused with Counselling, Life Coaching can be valuable during times of personal or professional change. Private and Confidential, it is designed to promote:

- Self-awareness
- Redefine Values
- Clarify Visions
- Set goals
- Define intentions
- Enhance Life skills

MY MENTAL WELLBEING CAREER GUIDANCE

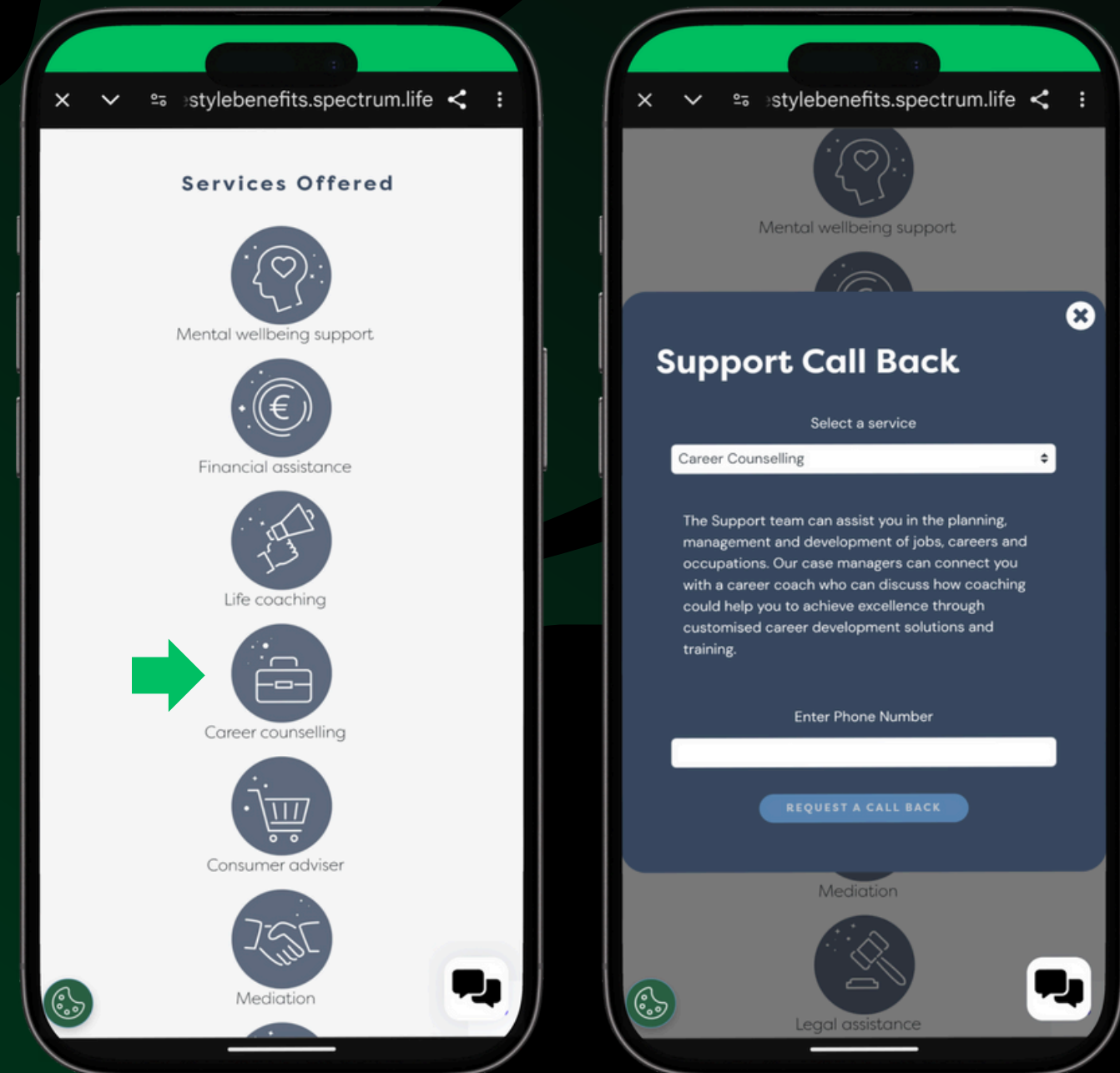


Supporting **employees** to **discover** the kind of work that **they love** and the **practical steps** needed to achieve it.

Our career coaches specialise in:

- Career Guidance
- Executive Coaching
- Interview preparation
- Career Planning

In partnership with  **spectrum.life**



MY LIFE - MENOPAUSE HEALTH

with Online Menopause Centre (OMC)



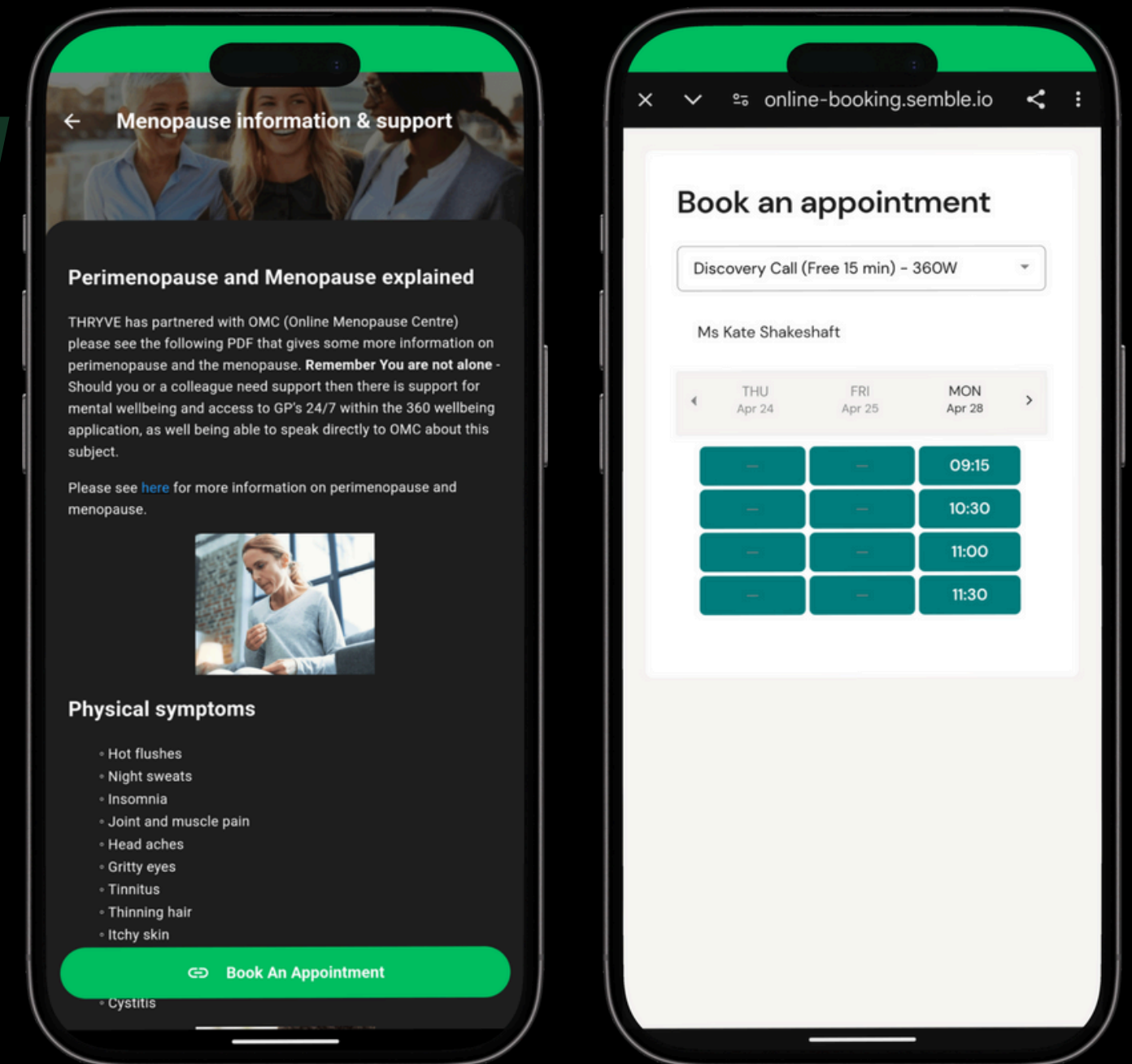
Information and support on Perimenopause Menopause

Quick, easy access to:

- Podcasts & Videos
- Menopause Health at Work guidance
- Support for colleagues & partners
- Free 15-min Discovery Call with a specialist



Supported through our
24/7 GP service



MY LIFE

The Support you need, when it's needed most



- 24/7 Legal helpline for expert legal advice
- 24/7 Debt helpline with specialist advisors
- NEW for 2025 - Unlimited Life Coaching
- Complimentary Will Writing service
- Ask Bill - money saving tips and advice

MY BENEFITS - LIFESTYLE SAVINGS

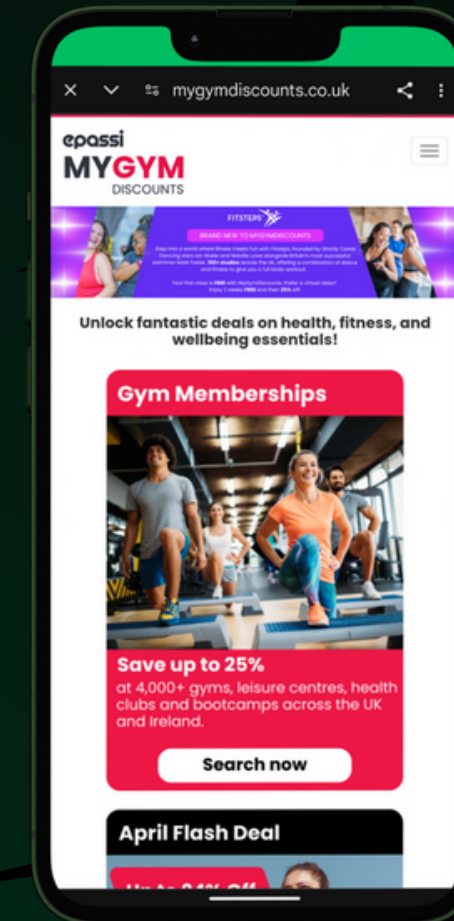
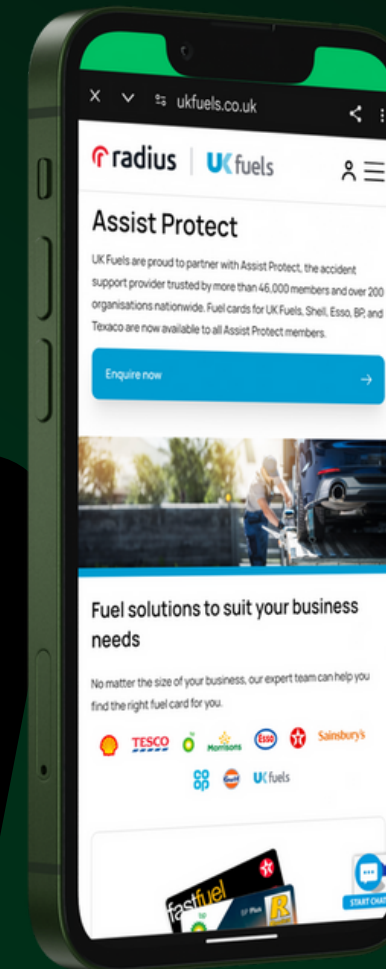


Discounts refreshed weekly with over 1,000 local deals

Employees and their families can now save **hundreds of £ pounds** per year with **top brands** offering huge savings and **no additional cost.**

You get access to a huge range of benefits through Spectrum Life

- Save ££s with over 300 National Discount Providers
- Cash Back
- Gym Membership Discounts
- 3p a litre off diesel & 2p off a litre of petrol
- 12 months free Vehicle Accident Cover



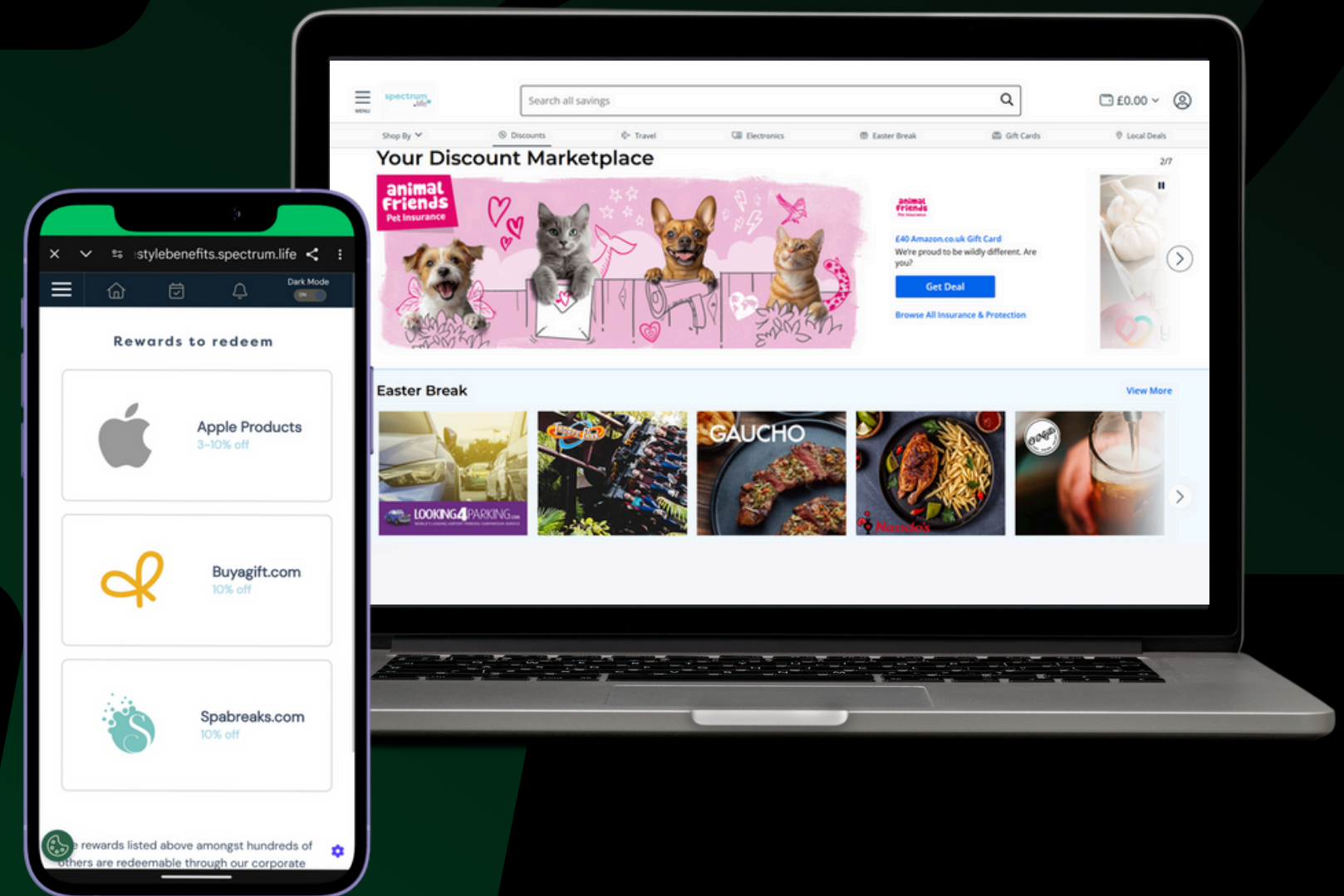
MY BENEFITS - LIFESTYLE SAVINGS



Up to 8 sessions per condition, per year, per employee

Benefits Hub gives you over **1,500** ways to save money at most major **high street** shops including **food** shopping, **clothes**, eating out & Travel etc.

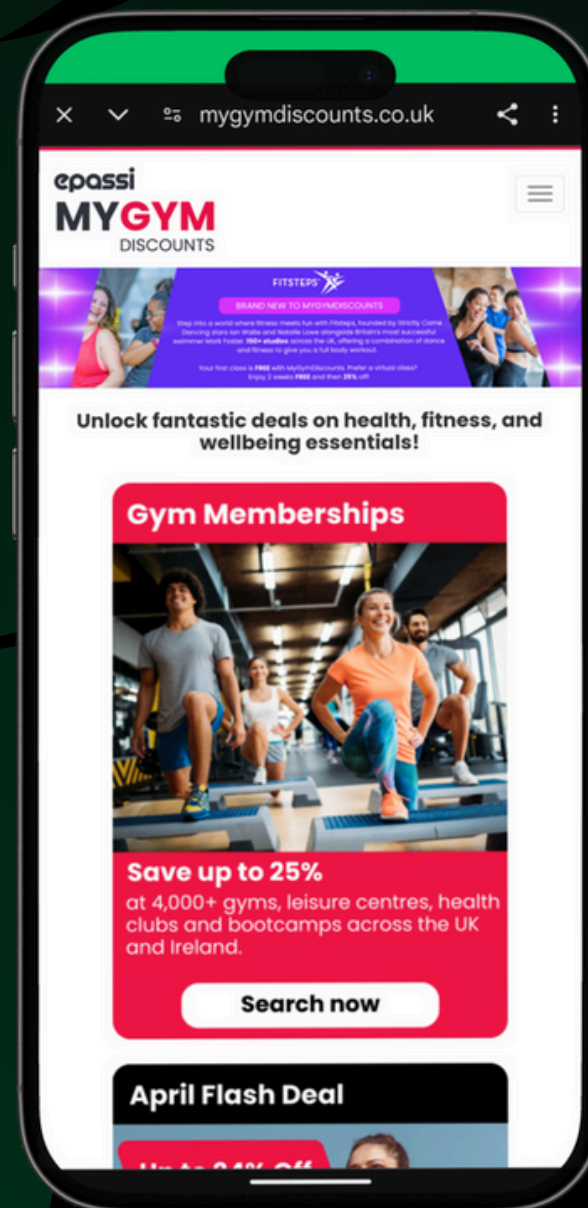
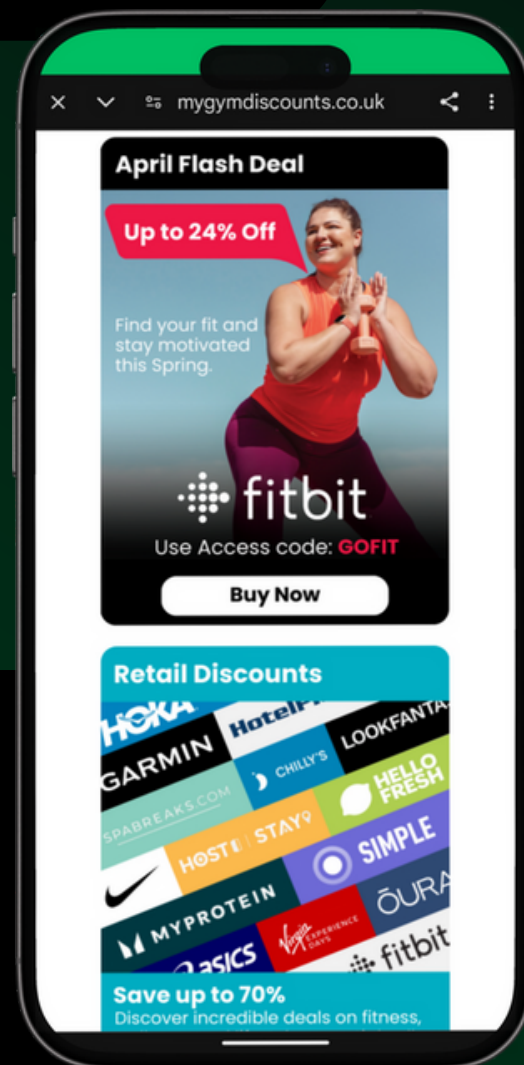
- Offers change weekly so log-in and check out the latest savings.
- Something for everyone in the Lifestyle Savings section of the app.



MY BENEFITS - GYM MEMBERSHIPS



Save money with gym memberships



The **THRYVE** app gives you access to discounts at over **3,300** fitness centres and clubs across the UK.

Also includes Discounts to well known fitness brands such as Peloton and Fitbit



CONTACT US

All the **benefits** your team needs at their fingertips, on an easy-to-use **app**.

Speak to a GP, book an appointment with a therapist, track your fitness, wellbeing, nutrition and get advice from legal and financial experts at the touch of a button.

BOOK A MEETING



+44 141 461 9962 | hello@**my-thryve**.com | www.**my-thryve**.com

