health assured

Thrive
Welcome pack

Mobile app support for your mental health
and wellbeing

ZURICH

Thrive

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Introducing Thrive

Thrive is a clinically effective mental wellbeing app, providing 24/7 support for mental health and wellbeing. The app helps you to monitor your mood and teaches you relaxation techniques such as meditation and deep muscle relaxation. With practice, these techniques have been shown to help people cope better with stressful situations.
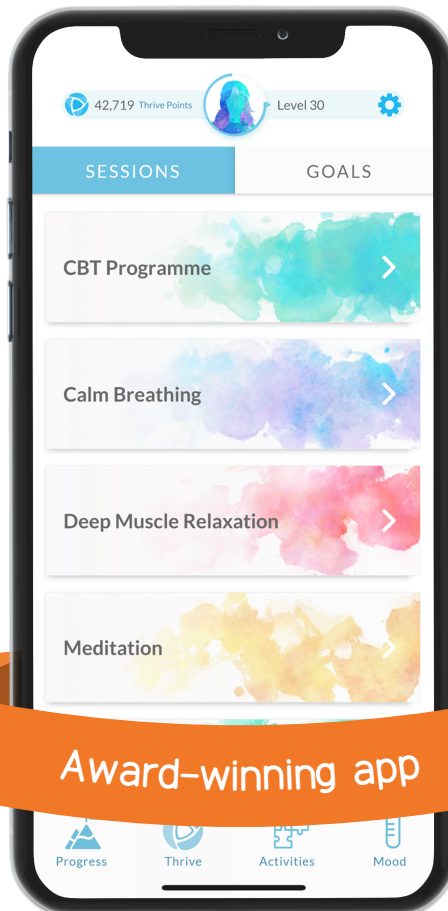
The only NHS approved corporate wellbeing app

Tackles common stressors such as sleep, bereavement, work issues and more

Currently available to over **2 million** users globally

42,719 *Thrive Points*   Level 30

SESSIONS   GOALS

CBT Programme

Calm Breathing

Deep Muscle Relaxation

Meditation

Progress   Thrive   Activities   Mood

Award-winning app

Over **100 hours** of content

Signposts to external support services—providing users immediate help

Completely confidential: all data is personal and secure

Prevents, detects and manages stress and mental health

Screens for anxiety and depression using NHS approved tools

Technical FAQs

What devices is the app available on?

The app is available on all Android, Apple, and web-based devices. It is not currently supported on Windows phones, although this is in the development pipeline.

What is the mood meter based on?

The mood meter is an online cognitive behavioural therapy journal. Computerised CBT (cCBT) has approximately 15 years of robust research proving its efficacy. We have combined traditional mood journalling with gamification to increase engagement and outcomes.

How does a user make contact with support?

The support box in the app can be customised to contain various links to internal or external support within the company (e.g. your EAP). If a user screens positive for anxiety or depression, we also proactively encourage them to seek support by signposting them to the personalised services available. All of this is done through the app so that the user does not need to be redirected elsewhere.

Who can we contact for immediate tech support?

Please email all tech queries, with as much information as possible (including screenshots), to thrive@healthassured.co.uk, and someone will be back in touch within a maximum of 2 business days, typically within 12 hours. Alternatively, users can report bugs within the app by shaking their device. This produces a message box that will allow the user to send details directly to our tech team.

How often is new content added?

Each month new content is added within the app, and we have a 24-month development pipeline. Our priorities are based on usage and feedback from our users/clients.

Can the app be used offline?

When logging in to the app, we recommend you selecting the 'remember me' button to keep you logged in at all times. If you select this and you log online for a session the app will then work off line for that particular session. We need to validate your account every session for data security reasons, but after that you can use all relaxation techniques while off line.

How is data shared?

The data is completely confidential to the user. When a user seeks support, they 'consent' to share their data with the support network they've contacted. Their in-app progress report is then sent via email PDF to the service they've contacted. It is then up to the internal/external services to have policies built to get back in touch with the user directly to assist them.

Contact us:
client.services@healthassured.co.uk
0800 023 2296

Employer code:

health assured

Thrive

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