

# Valuable support and information that's always there

## Through our Group Income Protection you have access to the Thrive: Mental Wellbeing app

Mental health conditions don't work to a timetable. Anyone could need a helping hand to prevent, build resilience against and cope with life's stresses and strains at any time of the day or night.

The app – Thrive: Mental Wellbeing – is designed to not only help you manage common mental health conditions but also to detect the early signs and often prevent them from happening in the first place. So, help is always there when you need it.



### Thrive: Mental Wellbeing

NHS-approved app for the prevention, early detection and self-management of common mental health conditions.



### Care first Lifestyle

Advice, articles and webinars on a range of every day topics including relationships, childcare and bereavement.



### 24/7 COUNSELLING

#### Direct access to 24/7 counselling

Provided by Care first's BACP accredited counsellors.



### Access to Care first's Information Specialists

Contact them through the app for help and practical advice on a range of subjects either work related or personal.

# Thrive: Mental Wellbeing

## How to download and install the app

- 1 Go to your app store on your Smart device, search '**Thrive: Mental Wellbeing**' and download the app. Mobile data charges may apply. See the terms and conditions and privacy policy in-app before signing up
- 2 Open the app and select 'Sign Up'
- 3 Enter your chosen email address and password. You will then be asked for an access code, which is
- 4 You will receive a verification email with a link to verify your account
- 5 Once verified, go into the app and 'Log in' with your email and password

The EAP service is a non-contractual benefit Aviva can withdraw at any time. The EAP service is provided by Care first.

## Find out more



View a demo of the app at [eap-carefirst.com](http://eap-carefirst.com).

Username:

Password:

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