

# Thrive



# Seattle

*Reach*  
**YOUR  
GOALS**

*Enjoy*  
**THE  
JOURNEY**



The City of Seattle has partnered with Limeade, an online employee experience software company, to create **Thrive\***. Thrive is our new digital well-being platform, thoughtfully designed to support your personal physical, emotional, financial and work well-being. **Thrive** combines useful tools, educational content and social support to help you reach your goals and enjoy the journey.

### Here's what you can do with Thrive:

- Explore your interests at your own pace
- Join activities designed to build healthy habits
- Complete an assessment to learn about your strengths and areas of improvement
- Connect your devices and apps to easily track your activities on the go
- Participate in team activities and connect with others along the way
- Earn points for participation to achieve new levels

**Create an account and get started today at:**

**[cityofseattle.limeade.com](https://cityofseattle.limeade.com)**

or

**Download the Limeade App for Thrive**

Use access code: seattle

\* For employees on the Most benefit program. Not available to employees on the Local 27, Local 77 and SPOG benefit programs, Seattle Housing Authority employees or COBRA participants.