

Thrive



Seattle

Reach
**YOUR
GOALS**

Enjoy
**THE
JOURNEY**



On November 5, 2019, the City of Seattle is launching a new program* to support your physical, emotional, financial and work well-being! We've partnered with Limeade, the employee experience software company, to create **Thrive**. **Thrive** will combine 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 starting November 5, 2019:

- Explore your interests at your own pace
- Join activities designed to build healthy habits
- Complete the 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 and great rewards

Watch for an email from Limeade to your City email address on November 5, so you can activate your account!

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