

Thrive Fit

A Holistic Program for Transforming Employee Health and Wealth

Wealth Benefits



Financial Literacy

Discover effective strategies for managing debt, taxes, and inflation to improve financial wellness.



Debt Management Techniques

Learn proven methods to reduce both secured and unsecured debt, accelerating debt repayment by cutting the time in half.



Passive Income Generation

Explore untapped opportunities to counteract inflation through passive revenue streams.



Expense Optimization

Identify and reduce expenses impacting your monthly budget, boosting your cash flow.



Financial Legacy Planning

Develop a strategic plan to transform your financial legacy with our online course.

Health Benefits

Telehealth

Care when you need it, 24/7. Access doctors and other health professionals with no copay.

Mayo Clinic Healthy Habits Programs

Total body workouts, 12 habits of highly healthy people, programs to lower stress, and Mayo Clinic diet program created by a team of weight loss experts.

Addiction Recovery

Introducing the world's first ever interactive virtual recovery system for addiction covering all aspects of substance abuse and PTSD.

Health Vitals via Facial Scan App

Measure your heart rate, blood pressure, BMI, stress level, risk of heart attack, blood glucose, and more.

Employee Assistance Program

At \$0 co-pay, get 6 sessions per family member for marital/family concerns, anxiety/stress/depression, drug/alcohol concerns, and more.

Couples Counseling

8-hour online course that may be completed at convenience, plus (4) 20-minute calls with a program coach.