READ ME FIRST

**ThriveWell℠ Base for Large Group, Fully Insured**

Please use this toolkit to help educate and engage your workforce with ThriveWell℠, the wellbeing program available to eligible members on the Excellus BlueCross BlueShield plan. Through our partnership with Personify Health, members have access to a variety of tools and resources that support engaging in healthy behaviors through ThriveWell.

ThriveWell base is an embedded benefit for fully insured, large group plans, and buy up option for self-funded groups.

In this folder you will find a variety of handouts that you can share with employees, including a general overview flyer, a quick start guide for how to register, a detailed member guide for how to engage with the program, and a flyer for the points/levels game part of the program.

Additionally, Foodsmart is a digital nutrition program available through ThriveWell that provides members with even more tools and resources to make it easy to eat well. A Foodsmart flyer is also included in the folder.

Headspace is another embedded program available through ThriveWell that provides members with free access to a Headspace account. To access our Headspace toolkit, please visit: [Help Your Team Manage Their Overall Wellbeing With Headspace - Excellus for Business](https://excellusforbusiness.com/resources/help-your-team-manage-their-overall-wellbeing-with-headspace/)

Once you have chosen which materials will go to your employees, use one of the ready-to-send emails in this folder to easily share! If you have any questions about which resources are appropriate based on your plan, please reach out to your broker or Excellus BlueCross BlueShield Sales Consultant.

**Additional Video Resources:**

* [How to Sign Up for ThriveWell](https://vimeo.com/1097487737/35f863158c)
* [ThriveWell Overview Video](https://player.vimeo.com/video/1130986833)
* [ThriveWell Overview Webinar](https://www.youtube.com/watch?v=u-KZW-8RUok)
* [ThriveWell Journeys – Personify Health](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpersonifyhealth.zendesk.com%2Fhc%2Fen-us%2Farticles%2F37068143718683-Journeys&data=05%7C02%7CKatie.Keller%40excellus.com%7C9d51b08bbce1409e0b0108de26c4fd0a%7C1a3204cca5814f7fba4c339683be8bbe%7C0%7C0%7C638990824678578828%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=M9mxR6SxGH5wCWJJIgWfN%2B5ubaGtgnJU7mxrwTijZyM%3D&reserved=0)
* [ThriveWell Healthy Habits - Personify Health](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpersonifyhealth.zendesk.com%2Fhc%2Fen-us%2Farticles%2F38485047243035-Healthy-Habits&data=05%7C02%7CKatie.Keller%40excellus.com%7C9d51b08bbce1409e0b0108de26c4fd0a%7C1a3204cca5814f7fba4c339683be8bbe%7C0%7C0%7C638990824678600964%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FYrY1fn54rdaINrTqYTBskJZDgHxvm1b%2Bqdxypr4vro%3D&reserved=0)