REVIVE & THRIVE | SUMMARY OF SERVICES

Here for you when life gets challenging.

Free, confidential support for you and your household members — for whatever life brings, whenever you need it.

FREE* • AVAILABLE 24/7 • 100% CONFIDENTIAL

Counseling

- 5 coaching or counseling sessions per issue per year
- 24/7 clinician support
- Care coordination & self-scheduling

Work-life referrals

- Legal and financial consultation
- Childcare & eldercare referrals
- Convenience referrals

Digital tools

- Well-being content & assessments
- Coaching courses
- AI personal assistant
- Calming spaces

Reasons to reach out

- Anxiety or depression
- Work stress or burnout
- Grief and loss
- Relationship challenges
- Life changes or major events
- Substance use concerns
- Crisis support
- Work-life balance

In crisis or just need someone to talk to now? We're here 24/7 – call anytime.

HOW TO ACCESS SUPPORT

Call **800-327-2251**

Visit the Member Portal

- Self-schedule virtual counseling
- Live chat with a clinician
- Service request forms

HOW TO ACCESS SUPPORT

Set up your account in minutes with your organization's enrollment code. Scan or click the QR code to get started.

Code: NCC

Log in: member.myrevive.health

* If a referral for long-term treatment is needed, costs may apply and are often covered by your health insurance plan.

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MEMBER PORTAL

Getting started with the member portal.

The member portal gives you access to powerful mental fitness tools designed to support your well-being and help you perform at your best — anytime, anywhere.

Getting started takes just a few minutes. Follow the steps below to activate your account and begin personalizing your experience.

1 Scan or click the QR code

Start here and use enrollment code:

NCC

2 Enter your basic information

Provide your first name, last name, and work or personal email address.

3 Check your email

Open the message from Revive and click the registration link to continue.

4 Complete your enrollment

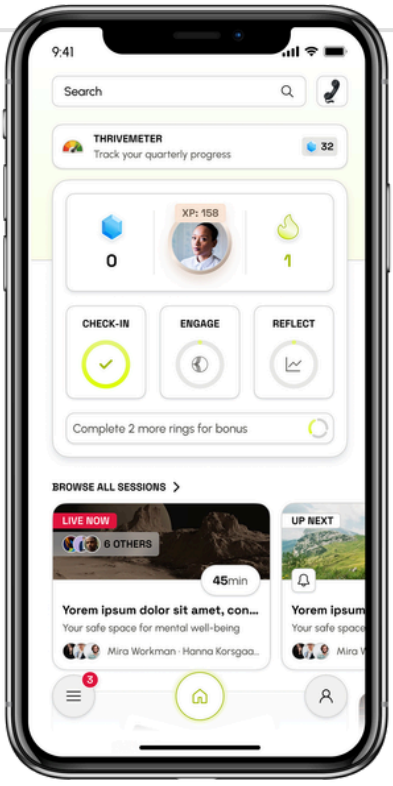
Fill in your remaining information, add dependents, and create a password.

5 Log in to your account

Sign in with your email and password to reach your account.

6 Complete your profile

Finish your profile to personalize your experience and unlock the platform.



BEFORE YOU START

Add **no-reply@revive-healthcare.com**

to your safe sender list on your personal account so your registration email reaches you.

ENROLL NOW

Scan or click the QR Code to get started

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REVIVE & THRIVE | IN PARTNERSHIP WITH RULA

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How to schedule a virtual mental health session.

Taking care of your mental health should be simple. Revive & Thrive has introduced **self-scheduling for virtual mental health appointments**, putting you in control of your care on your own time. It's as easy as 1, 2, 3.

1. **Log in via the app or desktop.**
2. **Click Access Support on the homepage.**
3. **Under Find a Provider, click Schedule a Session to book your appointment.**

Already enrolled? Log in and get started.

Visit member.myrevive.health or open the Revive & Thrive app.
Meet with a licensed mental health provider **on your schedule.**

Not enrolled yet? It only takes a few minutes.

Scan the QR code to create your account.
Use your organization's Enrollment Code to complete your enrollment.







Prefer to talk to someone right now? We're Always Here When You Need Us.

Our Care Coordinators are available 24/7 for confidential, in-the-moment support and can help you schedule a session with a counselor. Call **800-327-2251**.

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FINANCIAL CONSULTATION REFERRALS

Money stress follows you everywhere. We can help.

Money stress doesn't stay home when you walk out the door. Revive connects you with highly trained financial counselors who listen to your situation and help you find a way forward.

Services include:

- Consulting with a highly trained financial counselor
- Ongoing support for the same issue for up to 90 days
- Connection to counseling if your concern is causing stress or overwhelm — your Care Coordinator can help identify resources

Financial resources for:

- Budgeting
- College and retirement funding
- Credit card debt, management, and consolidation
- Credit counseling
- Identity theft
- Tax planning and preparation

Please note that requests for financial assistance, such as loans or utilities, are not covered; however, we can provide community resources for those inquiries.

CONFIDENTIAL:

Your privacy is protected. Nothing is shared without your permission.

COST:

Financial consultation referrals are a free service paid for by your employer. You are responsible for any costs incurred by the service provider.

REQUEST FINANCIAL REFERRALS

Call or text 800-327-2251

Scan or click the QR code to complete the Convenience Service Request Form.

SCAN ME

Services are provided in partnership with Revive and AskAFS.

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LEGAL CONSULTATION REFERRALS

Legal problems rarely come with a clear next step. We can help.

Whether you're facing a legal family matter, a contract question, or something you've never dealt with before, knowing whom to call makes all the difference.

Revive connects you and your immediate family members with attorneys who have the right expertise for your specific situation.

Services include:

- A free 30-minute consultation, either in-person or by phone
- Discounted rates if you need ongoing representation*
- Connection to counseling if your concern is causing stress or overwhelm — your Care Coordinator can help identify resources

Legal resources for:

- Adoption and guardianship
- Consumer scams
- Criminal charges
- Debt and bankruptcy
- Domestic and family matters
- Estate planning and wills
- Family law
- Landlord and tenant disputes
- Lawsuits and mediations
- Lease and rental agreements
- Motor vehicle violations
- Personal injury
- Real estate concerns

CONFIDENTIAL:

Your privacy is protected. Nothing is shared without your permission.

COST:

Legal consultation referrals are a free service paid for by your employer. You are responsible for any costs incurred by the service provider.

REQUEST LEGAL REFERRALS

Call or text 800-327-2251

Scan or click the QR code to complete the Convenience Service Request Form.

SCAN ME

Services are provided in partnership with Revive and Workplace Options.

*25% discount on your attorney's hourly rate and a 10% discount on the flat fee rate when quoted for services beyond consultation. Legal issues quoted at a flat rate (bankruptcy and traffic violations) do not qualify for the discount.

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CHILDCARE REFERRALS

Finding quality childcare is hard. We can help.

Reliable childcare is one of the most stressful things a parent navigates. With Revive, you don't have to figure it out alone. Connect with a Care Coordinator who will find resources tailored to exactly what your family needs.

Common childcare referrals:

- Adoption and special needs support
- Babysitting, nanny, and au pair services
- Before and after school programs
- Daycare, nurseries, and preschools
- Parental support groups
- Prenatal care
- Primary/secondary education program
- Summer camps

CONFIDENTIAL:
Your privacy is protected. Nothing is shared without your permission.

COST:
Childcare referrals are a free service paid for by your employer. You are responsible for any costs incurred by the service provider.

REQUEST CHIILDCARE REFERRALS

Call or text 800-327-2251

Scan or click the QR Code to complete the Childcare Service Request Form.

SCAN ME

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ELDERCARE REFERRALS

Finding the right eldercare is hard. We can help.

Helping an aging parent find the right care is one of the hardest things you'll navigate. You don't have to figure it out alone. When you reach out to Revive, a Care Coordinator can provide pre-screened eldercare resources tailored to your situation.

Common eldercare referrals:

- Nutrition, Meals on Wheels, and cleaning and repairs
- Retirement communities and subsidized housing
- Medical and nursing rehabilitation services
- Support advocacy groups, volunteer opportunities, and adult day care
- Transportation Services

CONFIDENTIAL:
Your privacy is protected. Nothing is shared without your permission.

COST:
Eldercare referrals are a free service paid for by your employer. You are responsible for any costs incurred by the service provider.

REQUEST ELDERCARE REFERRALS

Call or text 800-327-2251

Scan or click the QR code to complete the Eldercare Service Request Form.

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CONVENIENCE REFERRALS

Life doesn't slow down for the small stuff. We can help.

A broken pipe, a sick pet, a last-minute need you don't have time to research — it all adds up.

Revive helps you find what you need, when you need it. Connect with a Care Coordinator and get up-to-date referrals for everything from home repair and pet care to personal services and beyond.

Common convenience referrals:

Auto
Buy, sell, repair, and insurance

Errands
Pick up and drop off, package shipping, and wait-at-home service

Entertainment
Concerts, sports and theater tickets, and spa and salon services

Shopping
Groceries, flowers, product discounts, and personal shoppers

Travel
Airfare, hotel, car rental, passports, and destination information

House
House cleaning, movers and storage, pet care, contractors, handymen, plumbers, and landscaping services

CONFIDENTIAL:
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COST:
Convenience care referrals are a free service paid for by your employer. You are responsible for any costs incurred by the service provider.

REQUEST CONVENIENCE REFERRALS

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SCAN ME

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● WELLNESS COACHING

Achieving your goals on your own can be tough. We can help.

Setting and reaching your personal or professional goals can be challenging. You don't have to go at it alone. Get personalized coaching from a highly trained Revive wellness coach who helps you set an inspiring vision and guides you through your plan to achieve it.

Reasons for working with a coach:

- Building healthy relationships
- Career development
- Financial health
- Fitness and exercise
- Healthy eating and nutrition
- Healthy lifestyles
- Reducing disease risk factors
- Tobacco cessation
- Weight management

Wellness coaching addresses all elements of well-being, including **physical, emotional, career, social, and financial.**

AVAILABILITY:
Daytime and evening appointments by phone or video.

CONFIDENTIAL:
Nothing is shared without your permission.

COST:
Wellness coaching is a free service paid for by your employer.

GET STARTED WITH COACHING TODAY **Call 800-327-2251**

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IDENTITY THEFT SERVICES

Identity theft is scary. You don't have to navigate it alone.

Identity theft can happen when you least expect it. Fortunately, Revive is here to help you recover and protect yourself against future threats.

Identity Theft Program

Identity theft happens when someone uses your personal information — like your Social Security number — to open accounts, make purchases, or claim a tax refund. It can cost you more than money. You could lose access to medical care, services, or even a job.

Our ID Theft Program helps you understand the risks and how to protect your information. And if identity theft happens to you, we'll help you recover.

Our trained coaches explain the difference between a data breach and the nine most common types of identity theft. They'll also walk you through common scams, such as phishing and skimming, and how to protect yourself.

We also offer **two guides from our financial coaching team:**

ID Theft Resource Guide

Helps you identify the type of identity theft you're facing, outlines your first steps, and lists free credit monitoring options.

Recovery Guide

A step-by-step plan for recovering from identity theft, with immediate and next steps, form letters, and a way to track your progress.

CONFIDENTIAL:
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COST:
This program is a free service paid for by your employer.

CONTACT REVIVE FOR HELP TODAY

Call 800-327-2251

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EAP RESOURCES FOR CHILDREN

Getting support for a child can be stressful. We can help.

When a child is struggling, the parents feel it too. Revive is here to help you every step of the way. Here is how services can be used for children by age group.

AGES 0-10

Parent Intervention*

Consultation with parents on child development, parenting skills, tools, socialization, and more. Referrals to counseling when appropriate.

AGES 11-13

Initial Assessment and Care Planning with Parents

Identification of coping skills and other techniques, connection to short-term counseling when appropriate, and other recommendations for parents.

AGES 14-18

Short-term Counseling and Parental Support

Identification of mental health and family resources for parents, connection to short-term counseling when appropriate.

AGES 18-26

Short-term Counseling

Short-term counseling for young adults still living at home, when appropriate, and resources for parents.

CONFIDENTIAL:
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COST:
This program is a free service paid for by your employer.

CONNECT WITH REVIVE TODAY

Call 800-327-2251

*Children under the age of ten typically require counseling services from a specialized provider with expertise in working with children, such as a play therapist. Counseling for children tends to be a long-term engagement, and costs may be incurred. Your health insurance plan often covers these costs.

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