

# THRIVE

*Connect mind and body*



**Your mental and physical health have a direct impact on one another.  
A mind and body in harmony can lead to reduced stress,  
better sleep and improved focus.**

Your program offers a variety of resources to help you reconnect, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets.

**Start by visiting the web platform or mobile app.**

**Take the next step in your wellbeing journey**

mysupportlinc.com  
1-888-881-LINC (5462)

