

# User Journey



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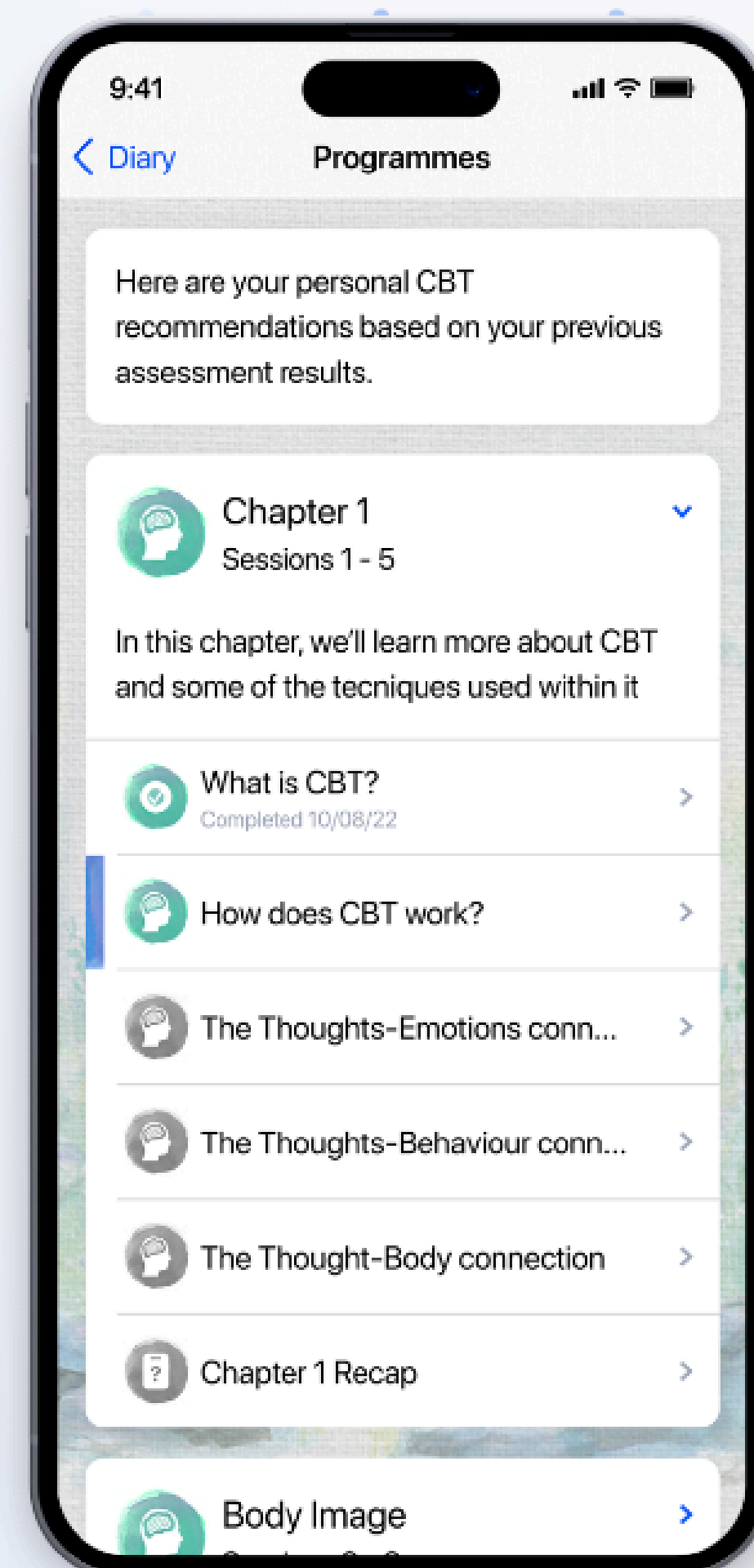
## Begin by downloading the Thrive app

The Thrive app can be downloaded from your Apple / Android app store. You will need an email address and password of your choice & your exclusive access code

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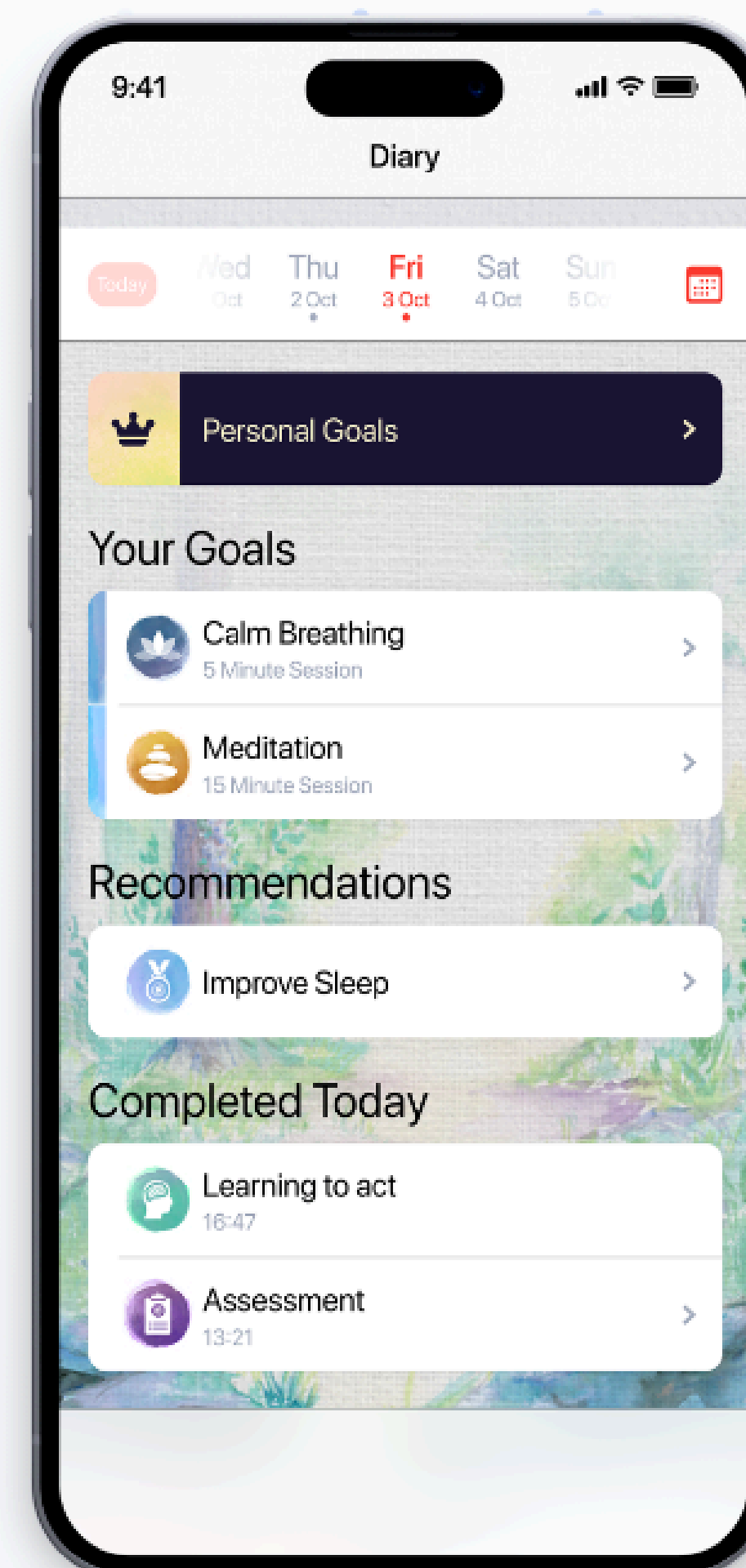
## Initial assessment

You will be guided through an initial assessment which will allow the app to identify the support best suited to you.



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You will be provided with your own Diary and taken through the Cognitive Behavioural Therapy (CBT) programme.



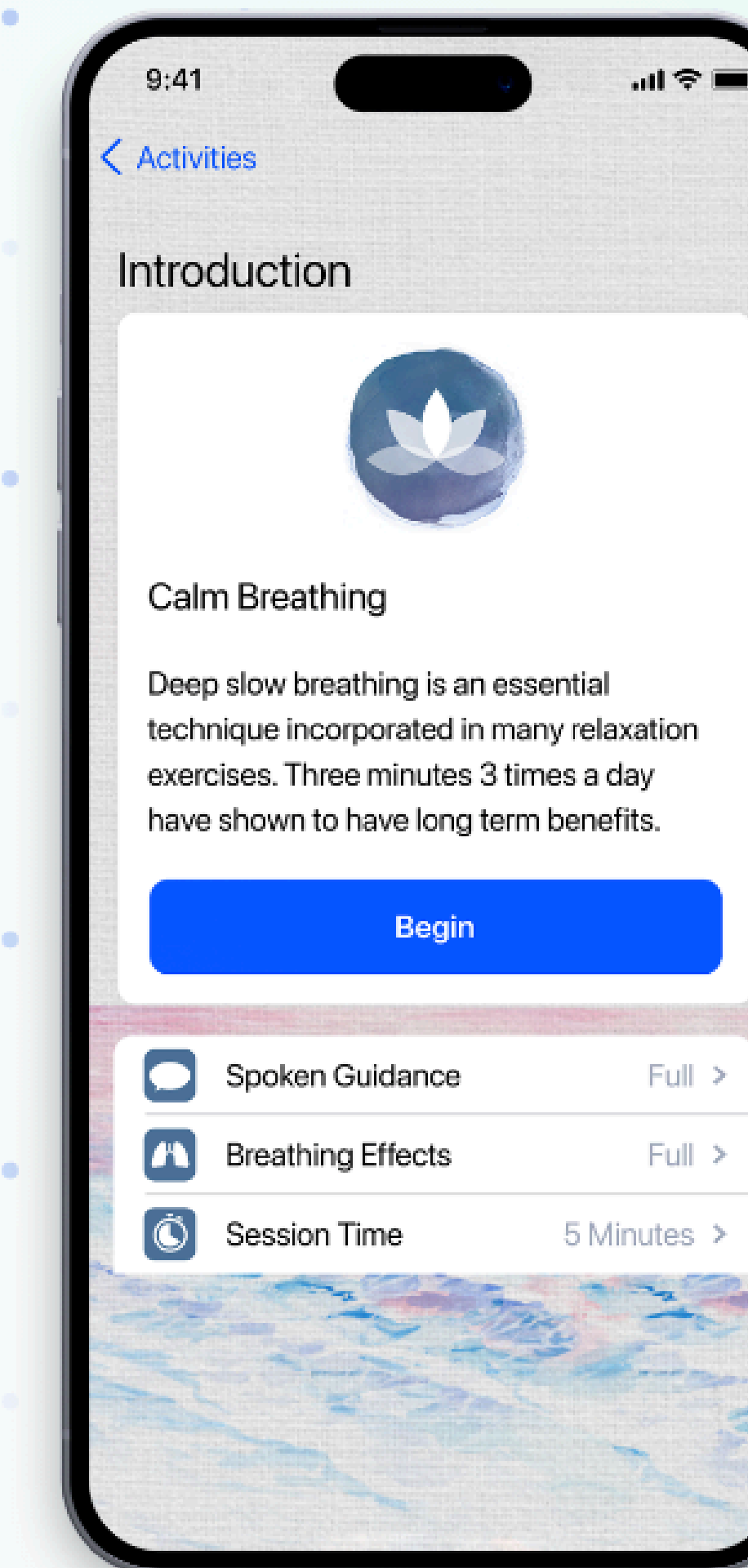
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By completing the CBT modules you will unlock new features and personalised goals.



5

**Complete regular checkups.**  
As you complete the CBT modules the screenings become more tailored to your needs.



6

Your Diary evolves with your input, intuitively becoming more personalised based on your own journey.