



It's Your Time to Thrive!

Pfizer has partnered with Thrive Global, a leading wellbeing technology company, to offer eligible employees free access to the Thrive platform. Thrive empowers colleagues with simple and sustainable wellbeing strategies, helping them redefine productivity and build long-term practices so they can feel their best.

A whole-human approach to health, wellbeing, and productivity

I want to...

- Sleep through the night
- Have better work
- Be more active
- Eat better and move more



✓ **Set a wind-down alarm for 30 minutes before your bedtime.**
When you think of sleep as an actual appointment, you're much more likely to grant it the time it deserves.

Set an Intention

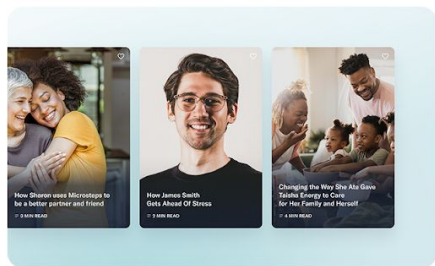
All good days start with an intention. Choose an intention that aligns with your goals, and we'll personalize your Thrive experience with the most relevant resources to support your growth.

Learn Something New

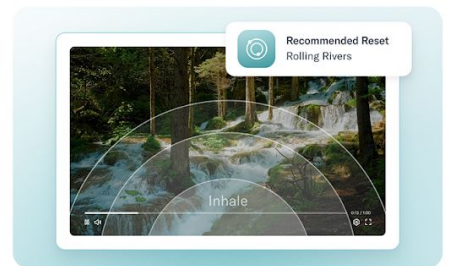
Go deeper with digital experiences with short videos taught by the world's leading experts on topics like stress relief, parenting, nutrition, and more.

Build Lasting Habits

Take meaningful steps every day with Microsteps — science-backed actions that are too-small-to-fail.



Movement
Think Outside the Gym
Movement makes us more creative, allows us to disconnect, and recharges us. But when w...



Learn From Your Colleagues

Get inspired by role model stories from co-workers and company leaders about the small changes that have made a big impact in their lives.

Join a Challenge

Support steady habit formation and stay motivated on your well-being journey by joining one of our 20+ Challenges.

Relax with a Reset

Reduce stress in 60 seconds with hundreds of calming Reset videos on themes like breathing, stretching, and gratitude. You can even create your own!

Sign up for Thrive today using any of the three options below:

MICROSOFT TEAMS

Click below to embed wellbeing directly into your workflow using the Thrive Global app within Microsoft Teams.



WEB

Click below to access Thrive Global on the web. Sign in using your SSO credentials and follow the prompts to log in.



MOBILE

Scan the QR code to download the Thrive Global mobile app on your phone. Once downloaded, sign in using your SSO credentials.

