

September 2026

Thrive Fact Sheet

Oak Ridge Reservation | Oak Ridge, TN

Thrive What is Thrive?

Thrive is UCOR's integrated health, wellness, and mental wellbeing initiative that unites Occupational Health Services, Elevate Wellness and the Mental Wellbeing Center under one umbrella to support a healthy, resilient and mission-ready workforce that goes home in the same safe condition they arrived for work.

Why Thrive?

Thrive makes it easier for employees to find the right resources while reinforcing a culture of caring and commitment to reducing injury risk, supporting fitness-for-duty and helping employees maintain healthy, productive careers.



Occupational Health Services

Health Services joined with Wellness last winter to provide greater resources for empowering you to live your healthiest life! Health Services has over 160 years of combined clinical experience with a team of nurse practitioners, nurses, radiology technicians, operation support specialists, physician, and a physician's assistant. We are here to ensure employees are fit for duty, which includes annual examinations and diagnostic testing, injury care, medication education, routine surveillance monitoring, and health guidance.

Who are we? Health Services providers are partnering with our Certified Wellness Coach to provide Health Coaching and individualized support to meet your health goals.

Program Expansion Incorporating Wellness program to provide wellness coaching and expert health advice to help employees improve their quality of life and thrive.

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Resources

- Pre-employment and fitness-for-duty evaluations
- Occupational injury and illness evaluations
- Medical surveillance and health monitoring
- Return-to-work support
- Health screenings and occupational medical guidance
- Support for maintaining mission readiness
- Individualized goal setting and health coaching



Elevate Wellness

Elevate Wellness is focused on helping employees find the most sustainable version of themselves. By encouraging realistic, lasting approaches to health and wellbeing. Elevate supports employees in improving their quality of life while supporting a culture of health and mission readiness, medication education, routine surveillance monitoring, and health guidance.

Who are we?

Elevate Wellness is built around three pillars that support whole-person wellbeing:

- **Quality of Life**—supporting physical and social wellbeing so employees can feel and function at their best both at work and at home.
- **Longevity**—encouraging healthy choices and preventative practices that support long-term health and wellbeing.
- **Resilience**—Building the skills, habits and resources that help employees adapt through life challenges—individualized support to meet your health goals.

Resources

- Wellness challenges and campaigns (Hydration challenge, Fruit and Vegetable challenge)
- Health education and awareness initiatives (mobile mammograms, blood drives)
- Nutrition and healthy lifestyle resources (upcoming Wellness Guide)
- Physical activity and fitness opportunities (examples upcoming 5K, walk across the reservation, Yoga in partnership with the Women's Network)
- Preventive health programming (Wellness coaching, recent goal setting challenge)
- Employee engagement activities promoting overall wellbeing (new partnership with Mental Wellbeing Center(MWC) and Health Services, MWC events such as the upcoming "Stronger Together: Every Life Matters," addressing Suicide Prevention Awareness)



Mental Wellbeing Center

The Mental Wellbeing Center provides free, onsite consultation, counseling, and referral services to help you navigate life's challenges so you can thrive – not just survive! Whether you are struggling with a mental health issue or simply looking to improve your overall mental wellbeing, the center is your trusted resource to help you achieve your goals.

Who are we?

- Confidential consultation
- Professional coaching
- Individual counselling
- Personal development resources
- Emotional wellness support
- Relationship support (personal and work)
- Support for depression, anxiety, stress and Post-Traumatic Stress Disorder
- Grief support
- Referral services
- Educational resources

Confidentiality

Mental Wellbeing Center services are completely confidential. Your information cannot be shared without your consent, except when legally required, such as imminent threats of harm, suspected abuse or neglect, national security concerns or a court subpoena.

Our Commitment

Healthy employees are safer employees. THRIVE supports workforce resilience, reduces injury potential, improves quality of life, and helps ensure UCOR is healthy and becomes healthier to safely deliver UCOR's cleanup mission on the Oak Ridge Reservation.