YOUR TIME TO THRIVE:
2022 HEALTH CHALLENGE

Join us in this year-long journey to improving your well-being in our eight dimensions of health. Compete with co-workers and win prizes, bragging rights for your agency, and more!

Visit thrive.ok.gov for more info
Welcome to Your Time to Thrive!

Your Time to Thrive: 2022 Health Challenge is a great way of easily improving your overall well-being each month. This year-long challenge includes all of Thrive’s eight dimensions of well-being (physical, financial, environmental, emotional, social, intellectual, occupational and spiritual) so that you can be well-rounded in your health goals.

Not only does it give you the opportunity to improve your health and, by extension, your life, this challenge also gives you a chance to compete with co-workers, as well as other agencies, for t-shirts, gift cards, and, of course, an award for most outstanding agency.

For questions, email thrive@omes.ok.gov.