Health and Wellness Initiatives by System Campuses

**AgriLife**

1. Texas A&M AgriLife’s primary wellness goal in year one is to promote healthier living by providing all of our employees with access to specific health and wellness resources as well as encouraging them to participate in a fitness program.

2. We plan to host health education classes conducted by BlueCross BlueShield covering wellness topics. These classes will be held at seven to ten locations and will include the AgriLife Center, Texas A&M Forest Service Headquarters, Lufkin, Amarillo, and Lubbock. Classes will be chosen based on the interest of the employees in that area. Dates will be determined later.

3. An activity-based program is planned, using an outside vendor in order to reach out to employees with different fitness goals. WalkerTracker will provide a web application for AgriLife for one year. Spouses will also be eligible to participate. Those who register will participate by walking, jogging, biking, or completing other physical activities. As an incentive, we would like to purchase pedometers for employees who participate and provide prizes for employees who reach outstanding goals. Our tentative start date for the challenge will be March 1, 2014.

4. We will schedule several webinars. We will schedule these according to dates that BlueCross BlueShield has available between March and August, 2014.

5. We also plan to update the AgriLife agencies’ websites by March 2014 with specific links to other health and wellness information.

**Health Science Center**

1. Develop dedicated webpages for wellness education, advertising events, programs, webinars, and providing on-site presentations.

2. “HSC Health 4 Life” will offer a walking program and weight loss challenges to all employees including pedometers, water bottles, and walking maps for all HSC statewide locations.

3. Lunch- and Learn seminars will be offered on fitness and nutrition.

4. Additionally our goal is to have a designated fitness room at every HSC location across the state.

**Texas A&M University - Central Texas**

1. Send bi-weekly e-mails and post flyers in each department’s break room or area.

2. Promote give away items for people who attend the events and provide food.

3. Include information in our monthly HR newsletter.

4. A Wellness Fair from 9am - 12pm, with a wellness exam provided at no cost to the employer or the employee. We will also provide fruits, water and granola bars. The exam provides the following services:
   - Blood Pressure Check
   - Glucose Check
   - Height/Weight
   - BMI
   - Nutrition flyers

5. A nutritionist will provide a presentation on campus to employees during their lunch break. We will provide a healthy lunch to all who attend.

6. A weight loss challenge. Employees, in groups of five, will sign up to participate in the program. Each week teams will weigh themselves to see their progress. The program will begin in January and end in May or at the beginning of each semester and end at the end of each semester month. The winning team with the most weight loss will win $25 gas gift cards for each team member.

7. A recipe sharing program that would allow employees to share healthy recipes that might inspire other employees to try it and make it for themselves and/or their family members.

8. A quarterly pot luck where employees can sample these recipes for themselves.