Texas A&M University - Texarkana

We are partnering with BCBS Well onTarget and Deer Oaks EAP Services, subsidizing fitness center memberships, enlisting local providers to support a “Health Fair” on-site.

1. BCBS – Well onTarget – TAMU-T will use the biometric screening option to serve as early warning alerts for our employees and to promote consultations with a personal physician.
2. Deer Oaks EAP Services – specializes in employee assistance programs for family counseling, substance abuse and financial counseling. This service is provided confidentially at no initial cost to the employee from an off-site provider who can assess the employee’s needs and make recommendations for follow-up care if needed.
3. Fitness Center memberships – is a program to subsidize fitness center memberships at the Texarkana Community College facilities at their Pinkerton Center with an aquatic facility, recreational courts, and workout rooms.
4. There will be notification through monthly newsletter articles, monthly fliers, electronic emails to faculty-staff sent monthly to communicate the program and its successes.

TTI

“HIGHWAY TO HEALTH” – TTI’S WORKSITE WELLNESS PROGRAM
The TTI Wellness Committee has planned a series of events building to an agency kick-off at the annual TTI Day in May of 2014.

Conduct an employee survey to further define the program goals and objectives, program purpose, extent of initial roll-out and growth. The Committee will compile survey responses for presentation and program launch in May at TTI Day. During the launch, the Committee will work to recruit Wellness Captains to represent the divisions within TTI Headquarters in College Station as well as one for each Urban Office. The Wellness Captains will be responsible for disseminating valuable information on behalf of the TTI Wellness Committee, as well as motivating and encouraging staff to participate in the wellness program.

During the launch at TTI Day, the TTI Wellness Committee will offer health screenings free of charge for any employee that wishes to participate. This biometric screening will include: blood pressure, body mass index, total cholesterol*, HDL* and glucose* (*through finger stick method) that includes immediate personal coaching.

Allocation for Future TAMUS Immersion Program
The TTI Wellness Committee is requesting that the Chancellor and SEBAC consider a TAMUS-wide McDougall Healthy Employee Immersion pilot program for the purpose of reducing (not just containing) medical expenses paid by the TAMUS. The McDougall Immersion Program is an 8-day live-in program which includes meals, medical treatment, exercise and education to participants. It is typically hosted in Santa Rosa, California, but can be set up at a local hotel if a large enough group is attending. A future funding allocation will be requested for 20 slots reserved for TTI employees in a future McDougall Immersion Program to reduce medical costs for those with chronic diseases.