Texas A&M University - West Texas

1. Mental health counseling by phone
   • For 725 eligible employees with the 5-visit model option
   • 15-hours of on-site health fairs is also included
2. Stress Management
   • Structured nurse coaching sessions in which clients determine personal health and wellness goals. With follow-up sessions for on-going assessment, motivational interviewing, mindfulness-based practices, guided imagery, Reiki, aromatherapy, and other evidence-based stress reduction methods.
3. Assessment of nutrition and eating patterns with follow-up visits for ongoing assessment and nurse coaching
4. Tobacco Use Cessation using nurse coaching sessions.
5. Structured counseling sessions (2; initial plus follow-up if desired by client) to provide exercise education and address lifestyle components that effect exercise adherence. These include time management, identifying and planning for barriers, & cognitive and behavioral interventions to promote exercise adherence.

Texas A&M International University

“Healthy U” Programs – 2014

“Healthy U” Wellness Fair:
1. Wellness Fair for employees will be offered February 2014 from 9am-1pm
2. Employee benefit program vendors, local health care providers, local health care agencies, local fitness experts, etc. will be invited to participate in our wellness fair
3. Biometric screenings will be available to the employees at no cost
4. BCBS Encouraging Healthier Lifestyles informational booth will be available on the topic of Preventive Health and Self-Exams
5. Exercise demonstrations will also be available

Other programs:
1. Walking Club - Employees will be encouraged to sign up as individuals or in teams for our Walking Club using the BCBS Walking Works online program to help walkers and teams keep track of their progress and goals and will be offered in the morning before work, during the lunch hour and immediately after work at 5pm.
2. “Healthy U” Lunch-n-Learn - On campus brown bag lunch program to offer a monthly wellness-related educational series having guest speakers, cooking demos, healthy eating, exercise, BCBS webinars, etc.
3. Employee Wellness Website – will create website to provide employees with educational resources for the different aspects of well-being
4. “Healthy U” resource center will be established in partnership with our campus library which will offer employees an easily identifiable area where they can obtain resources on the different aspects of well-being. Items available in the resource center will be rotated periodically to ensure employees are receiving current and relevant information.
5. “Do Something Different!” – photo campaign featuring employees sharing how they maintain their well-being outside of work (bike riding, gardening, photography, spending time with their children, spending time with their pets, volunteering, etc.)
6. “Healthy U” Approved – Partnership with our on-campus food vendor, Aramark, to provide and identify healthy food options at dining locations on campus.
7. “Did you know?” – Educational series highlighting wellness tips for employees which will be promoted via UConnect personal announcements and “Healthy U” channel on UConnect.