

## **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.