



Health + Wellness Initiative

Programs



Wondr Health™

A digital behavioral program that addresses the full continuum of mind and body wellbeing. Wondr teaches clinically proven, weight-management skills and provides preventative care solutions and mindfulness strategies to make favorable impacts on weight-related conditions, sleep disturbances, depression, anxiety and overall stress.

This program is available at no cost to employees, retirees or dependents enrolled in a HealthSelect plan.



Catapult Health VirtualCheckup™

VirtualCheckup™ connects you with a certified nurse practitioner who helps you complete an annual screening evaluation, including bloodwork and body measurements. Health care professionals can then use your individualized plan to take the appropriate steps forward.

The cost of the checkup is covered at 100% by your HealthSelect plan.

Additional Resources

These additional resources are available to all HealthSelect participants:

Wellness Leave

Complete the Blue Cross/Blue Shield (BCBS) annual online health screen to be eligible for 8 hours of paid time off.

Medical Virtual Visits*

Licensed, board certified doctors, accessible 24 hours a day for one-time consultations about a specific medical condition.

Mental Health Resources*

Supplement your mental health care with mental health virtual visits, mental health telemedicine and care management.

*These visits are covered by BCBS under certain plans, meaning no cost to you!

Community



Health + Wellness Facebook Group

Our Facebook group provides a community of support through conversational posts and resources for TTU System employees as they embark on their Health + Wellness journeys.

Scan the QR code to join the Facebook group and ask Janet Tornelli-Mitchell, M.D., first lady of the Texas Tech University System and Health + Wellness ambassador, your health and wellness questions with our weekly "Ask the Doctor" series.

For more information visit: www.texastech.edu/health-wellness.php