Welcome to our Health + Wellness community! The programs and resources we promote offer small, easy-to-implement techniques that will help you make health and wellness a part of your daily life. We are so happy to have you!

-Dr. Janet Tornelli-Mitchell, First Lady, Texas Tech University System

**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.

**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.

Join the group: TTU System | Health + Wellness

For more information visit: [www.texastech.edu/health-wellness.php](http://www.texastech.edu/health-wellness.php)