

Living Well at Texas A&M

Built for employees, by employees.



LIVING WELL
AT TEXAS A&M

Kourtney D. Bassett, M.S., CHES®

Texas A&M University
Employee Wellness Manager
Living Well at Texas A&M

My journey to employee wellness



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Our Team



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Our Support



Division of Human Resources
& Organizational Effectiveness

Living Well is the official employee wellness and engagement program at Texas A&M. Living Well programming and digital presence is **tailored to all full-time, benefits eligible Texas A&M staff, faculty, and retirees.**

We report to the **Division of Human Resources and Organizational Effectiveness**. We are affiliated with Texas A&M University and partner with organizations all over the campus and community.



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Our Mission

To provide behavior-changing programs and resources to establish **health-conscious employees**, enhance their **quality of life**, and positively impact **organizational success**.



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Our Programming

Take time to explore what **interests you**.



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Exercise & Movement

Instructional activities focused on fitness and movement. In partnership with Rec Sports, Piranha Fitness Studio, PEAP, and Cycle Station.



Health & Wellness

Discussions, speakers, and events focused on healthy living and stress reduction.



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Create & Support

Activities, mental health webinars, and peer-led community groups to provide opportunities for culture, networking, and discussion.



Home & Family

Workshops, experiences, or seminars on work/life integration for single, traditional, and chosen family types.



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Upcoming Programs

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SCHEDULE

CLASSES & EVENTS

RESOURCES

NEWS

ABOUT

CONTACT



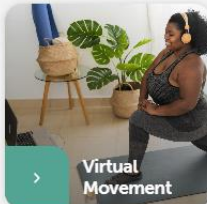
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Classes &
Events

Explore What Interests You



> Appreciation
Events



> Virtual
Movement



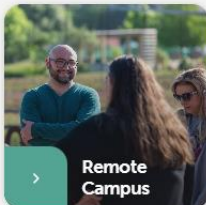
> B/CS
Movement



> Virtual
Programs



> B/CS
Campus



> Remote
Campus



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Our Wellness Resources



Resources to help you **live life better.**



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Guidance Resources[®] by ComPsych[®]

Free counseling, law & finance consultation, work-life assistance and crisis intervention services.



Wellness Release Time

Offers employees time to focus on physical activity to reap health benefits.



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System Wellness Benefits

Programs and resources designed to foster employee wellness courtesy of The Texas A&M System.



Educational Assistance Benefits

Benefits designed to invest in and assist employees further professional and educational goals.



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Educational Assistance Benefits

Benefits designed to invest in and assist employees further professional and educational goals.



System Wellness Benefits

The Texas A&M University System fosters employee wellness by offering various resources and programs.



YouTube

Watch previously recorded Living Well offerings on our YouTube channel – anytime, anywhere.

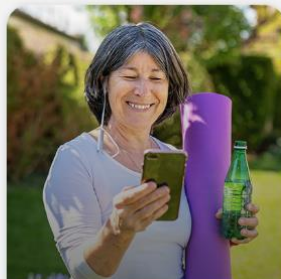


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Catering Guide

A resource to help employees plan catering with tips, tricks, and menu suggestions from our partners.



Perks Connect

Discount savings program enabling and offering rewards for healthy behaviors.



Financial Resources

Resources to help employees financially from the Staff Emergency Fund to Vendor Resources and Webinars.





Two-Step Wellness Program

Complete the annual wellness exam and one other activity between September 1 and June 30. Verify your completion status for the wellness premium incentive by logging into or registering for your WebMD ONE account.



Where to Go for Care

Accolade Care, Wondr Health, Well onTarget, BCBS Fitness Program, Airrosti, Teladoc Health Diabetes Program, Hello Heart, Hinge Health, Ovia Health and Family Planning, Cylinder, & Virta Health



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A photograph of three women in athletic wear cheering enthusiastically at an outdoor event. The woman in the foreground is wearing a black t-shirt with 'INFLUENCER' printed on it and black leggings with white stripes. The woman behind her is wearing glasses and a black sweatshirt. The woman on the right is wearing a black Adidas t-shirt and black leggings. They are all smiling and clapping. The background shows a grassy field and trees.

Take Action

Take time to explore what **interests you**.

Engage in wellness programs that fit your lifestyle needs.

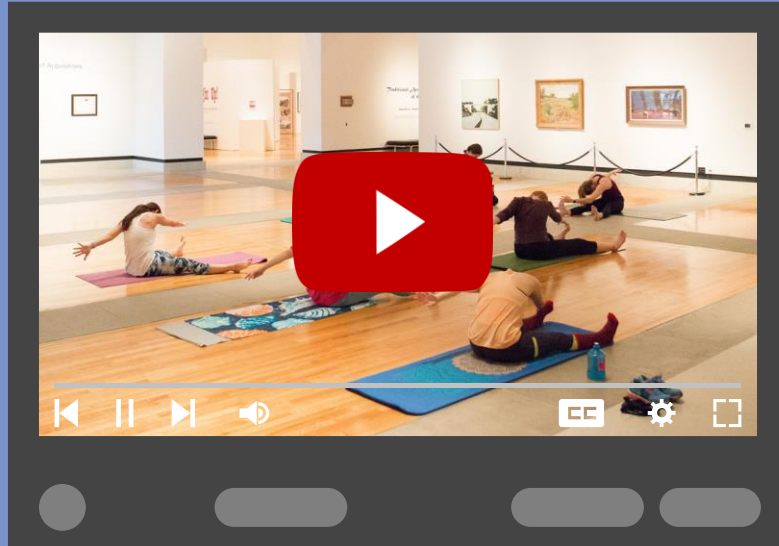
Use your wellness benefits and **save money**.

Stay connected and make your well-being a **habit with small sustainable changes**.



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Our Presence



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We can't wait to see you soon!

Love – Team Living Well

Download our app

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