

Physical Health RESOURCES



Fitness and Healthy Lifestyle

Blue365 Member Discount Program

- ▶ Healthy Living member discounts

 go.uta.edu/blue365

BCBSTX Fitness Program

- ▶ Discounted fitness resources

 go.uta.edu/bcbsfitness

American Heart Association

- ▶ Heart health resources

 heart.org

Environmental Health and Safety (EH&S)

- ▶ Workplace safety and ergonomic resources

 go.uta.edu/ehs

CDC Physical Activity Resources

- ▶ Physical activity guidance

 cdc.gov/physicalactivity



Access more resources
and learn about the Eight
Dimensions of Wellness at

UTA.EDU/WELLNESS

UTA Resources

Living Well Powered by WebMD One

- ▶ Personalized wellness plans

 webmdhealth.com/UTS

Wondr Health

- ▶ Behavior-based sustainable weight loss

 go.uta.edu/wondrhealth

Airrosti

- ▶ Targeted pain and injury care

 airrosti.com

Ovia Health

- ▶ Maternity and family health apps

 go.uta.edu/oviahealth

Progyny Fertility Benefits

- ▶ Family-building fertility support

 go.uta.edu/progyny

Tobacco Cessation

- ▶ Tobacco cessation coaching and support

 go.uta.edu/quittobacco

Campus Recreation

- ▶ Recreation, fitness, and sport programs
- ▶ \$25 per month membership

 go.uta.edu/campusrec