



Four Corners RAC Resources

The College has arranged for all students to have access to Timely Care Telehealth, a 24/7 student assistance program that gives students free confidential access to a full range of behavioral and physical telehealth services including:

Physical Health

Medical: 24/7 Scheduled or on-demand access treat a wide range of common illnesses like cold and flu, sinus infection, allergies, etc.

Health Coaching: Scheduled access to address topics like healthy body image/lifestyle, sleep issues, etc.

Behavioral Health

TalkNow: 24/7 On-demand access to a mental health professional to talk about anything at anytime.

Scheduled Counseling: Scheduled access to a licensed counselor to get mental health support

Psychiatry: Scheduled access to licensed psychiatrists

TimelyCare App

The TimelyCare Telehealth app can be accessed on the Apple App Store and Android Google Play by searching for "TimelyCare" as one word.

Wellness

Wowies Gym
1500 S 2nd Street Unit C
Gallup, NM 87301
(505) 863-4858

Complete Club Details Online: <https://www.planetfitness.com/>