



### **Space Coast RAC Resources**

The College has arranged for all students to have access to Physical and Behavioral Health Services including:

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

Florida Institute of Technology Holzer Health Center  
2976 Country Club Road, Melbourne, FL 32901  
Phone: 321-674-8078

### **Physical Health**

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

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

Florida Institute of Technology Holzer Health Center: Access to Physical Health Services.  
List of services, hours, and contact information: <https://www.fit.edu/health/>

### **Behavioral Health**

Timely Care TalkNow: 24/7 On-demand access to a mental health professional to talk about anything at any time

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

TimelyCare Psychiatry: Scheduled access to licensed psychiatrists

Florida Institute of Technology Holzer Health Center: Access to Behavioral Health Services.  
A list of services, hours, and contact information: <https://www.fit.edu/health/>

### **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**

Planet Fitness

OMS-III and OMS-IV BCOM Students Provided Black Card Memberships  
1802 US Hwy 1  
Rockledge, FL 32955  
(321) 433-1331

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