



### **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 2<sup>nd</sup> Street Unit C  
Gallup, NM 87301  
(505) 863-4858

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

NM Campus: 3501 Arrowhead Drive Las Cruces, NM 88001  
FL Campus: 3011 S. Babcock St. Melbourne, FL 32901