



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

Crunch Fitness

OMS-III and OMS-IV BCOM Students Provided Memberships

Two Locations in the Melbourne area

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

NM Campus: 3501 Arrowhead Drive Las Cruces, NM 88001

FL Campus: 3011 S. Babcock St. Melbourne, FL 32901