

31.02.13.K0.01 Wellness Release Time

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Next Scheduled Review: July 19, 2023

Procedure Statement

The Texas A&M University-Kingsville (TAMUK) Wellness Release Time program is designed to enhance the well-being of employees. It is a voluntary program consisting of university-sponsored physical fitness activities and wellness education opportunities during the workday.

The objective of the Wellness Release Time program is to provide a supportive environment that encourages employees to adopt healthy behaviors and positive lifestyle changes, improve job performance, increase work satisfaction, and reduce health care/insurance costs.

Reason for Procedure

This procedure outlines the parameters of the Wellness Release Time program and describes the application and monitoring process.

Procedures and Responsibilities

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