

Texas Military Department **Wellness Program**



TMD aims to create a worksite that encourages healthy lifestyles.
This voluntary and proactive program is geared
toward prevention and behavior change.

State employees may be
granted **up to 3 hours per
week to exercise, not to ex-
ceed one hour per day**
during normal
business hours.



Eight (8) hours of
wellness leave may be
granted once in a
12 month period.

To obtain the **Wellness Leave**
state employees **must** complete
ALL of the following steps:

1. Submit proof of completing
an online Health Risk
Assessment Tool.
2. Receive an annual physical
exam.
3. Review and sign the Wellness
Program Release &
Authorization form.

Look for advertisements for on-site wellness seminars/activities at your state employment facility.



WELLNESS COORDINATOR

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Please refer to the TMD Employee Handbook for specific details about the Wellness Program Policy.