



MEET YOUR PERSONAL CARE TEAM

UT Health Austin - A Team Approach to Personalized Care

At UT Health Austin, your care team will be made up of many different kinds of medical professionals (from nurses to pharmacists, emotional health experts to dietitians and physical therapists) who focus everything they do on your unique needs. Beginning with multi-specialty pre-visit discussions where your whole team discusses how to deliver the best care possible, your UT Health Austin experience will feature clearly explained treatment options designed especially for you.

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LATEST NEWS AND STORIES FROM UT HEALTH AUSTIN



DID YOU KNOW LOVE CAN HAVE UNEXPECTED BENEFITS ON YOUR HEALTH AND WELL-BEING?

It's Valentine's Day and while we aren't trying to be too mushy, we do want to give "love" a little shout out for providing some added health benefits you may not have known or expected. From mental, emotional and even physical benefits, being in love, feeling loved and loving others can boost your immunity, help you get better sleep, reduce stress and more. So give your partner, best friend or mom (especially your mom, actually) a big hug to thank them for not only loving you, but for the added health benefits that come along with it.

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RESEARCH SUGGESTS DARK CHOCOLATE HAS POSITIVE IMPACTS ON COGNITIVE HEALTH - GO INDULGE!

Although still at a preliminary stage, research investigating the relations between cocoa and cognition shows dose-dependent improvements in general cognition, attention, processing speed and working memory. Consumption of dark chocolate can help boost memory, attention span, reaction time and problem-solving skills by increasing blood flow to the brain. In addition to being an overall stress reliever, some research suggests that cocoa flavonoids that act as an antioxidant may even be used to help treat brain-related medical conditions like stroke and dementia.

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THE WORKLIFE WALK-IN CLINIC IS ACCEPTING PATIENTS ANYTIME - COME GET YOUR FLU SHOT!

It's no secret that this flu season has been particularly awful. But did you know that the flu usually peaks in February? It is typically better to get your shot before the season starts, true, but getting one part way through the season can still be helpful. And although there has been some buzz about it being less effective this year, the vaccination still helps your body fight back, meaning your symptoms won't be as severe even if you do end up catching the flu. Schedule an appointment or walk in at your earliest convenience to the [Worklife](#) clinic to get a shot or treatment for the flu.

[MAKE AN APPOINTMENT >](#)



ABOUT THE CARE TEAM APPROACH AT UT HEALTH AUSTIN

UT Health Austin, the clinical practice of the Dell Medical School, focuses the expertise of a team of experienced professionals to deliver care of uncompromising quality. Our experienced healthcare professionals treat each patient as an individual, with unique circumstances, priorities and beliefs. Working with you, your care team creates an individualized care plan to help you reach the goals that you say matter most, in the care room, and beyond.

[WATCH VIDEO >](#)



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