



## **Onsite Catapult Clinics and TAMUS Wellness Incentive Program**

**AgriLife Employee Wellness** has partnered up again with **Catapult Health** to provide free, quick and confidential preventive health exams onsite at our workplace. All participants will be required to wear a face covering such as a mask. Please stay home if you are sick. Catapult is committed to protecting the wellbeing of their Health Technicians and patients. Actions will be in place to increase protection against coronavirus. Safety measures will be practiced that not only meet but exceed those that are required by the CDC and OSHA. Click here for an **Important message from Catapult about your safety.**

Checkups are available to all employees and spouses enrolled in the A&M Care Health plan. It does not apply to working retirees, employees with A&M Care J plan, or Graduate Assistants. Fasting for 8 hours is encouraged for the most accurate results, but it is not required.

The A&M System wellness incentive program completion date is **June 30, 2022**. A&M Care employees and their spouses (if covered) will receive the lowest health premium if they each complete two activities from their MyEvoke personalized checklists. A premium reduction of \$30/month will be applied to the health premium for each covered employee and spouse who completes two wellness activities. These activities will be applicable to the credit for FY23 (September 2022 – August 2023). A separate MyEvoke account is required for an employee's spouse. A Catapult exam will count as one of the activities from your MyEvoke personalized checklist.

If you have not already registered for **MyEvoke**, go online to <https://tamus.myevive.com> and enter your UIN and information from your BCBSTX insurance card. You may also download the **MyEvoke** app on both Android and Apple devices and use the token code, **myevivetamus**.

The Blue Cross and Blue Shield Well on Target Health Assessment and an annual wellness exam will count as the alternative to using the MyEvoke portal. The BCBSTX Health Assessment may not be combined with any other activity for credit.

### Upcoming Onsite Catapult Clinics:

Date	Location
3/10/2022	AgriLife Services Bldg. 1st. Floor 578 John Kimbrough Blvd., College Station, TX. 77843
3/30/2022	Richard & Patsy Wallrath AgriLife Extension Building 1470 William D. Fitch Parkway, College Station, TX 77845
4/15/2022	AgriLife TVMDL 483 Agronomy Road, College Station, TX 77843
4/22/2022	TAMFS/TEEX Headquarters Bldg. 200 Technology Way, College Station, TX. 77845
5/25/2022	AgriLife Services Bldg. 1st. Floor 578 John Kimbrough Blvd., College Station, TX. 77843

(AgriLife – TVMDL Limited to AgriLife employees who have building access)

Catapult Health Checkups are by appointment only. [Click Here](#) to make an appointment for an upcoming clinic. Slots are limited and the best times may fill up fast. The April and May clinics will be opened for sign-ups on a later date.

If you have questions about what to expect in your health checkup, you can find patient videos highlighting real experiences about Catapult Health’s Preventive Checkups by visiting <http://www.catapulthealth.com/videos>.



For questions, please contact: *Texas A&M AgriLife Employee Wellness Committee* | [AgriLifeWellness@aq.tamu.edu](mailto:AgriLifeWellness@aq.tamu.edu) | p. 979-845-2423

Check out the [AgriLife Employee Wellness webpage](#) for upcoming events and resources

*Note: Please do not reply to this email, as this email address does not accept reply messages.*