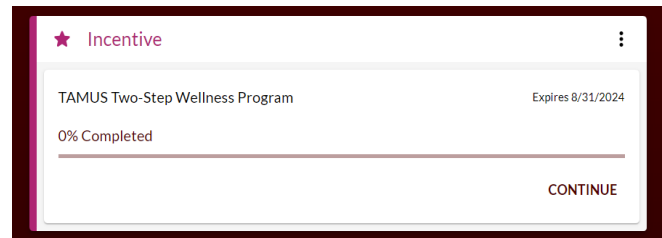
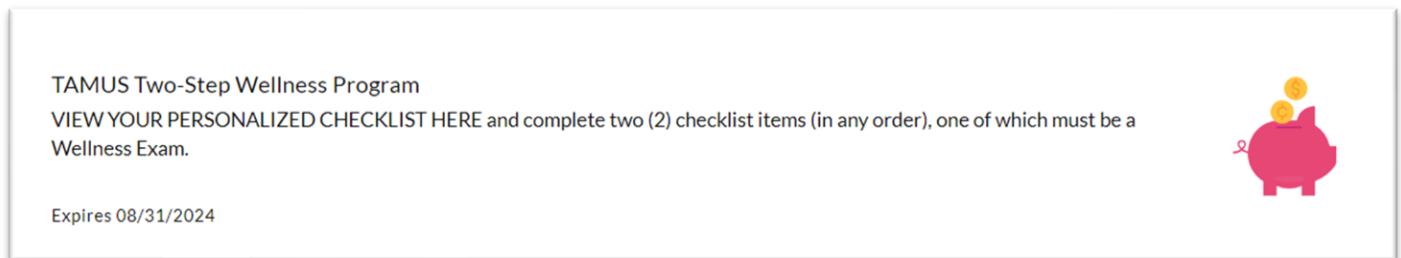


Quick Guide to Personal Checklist

1. Employees can access WebMD ONE via the [TAMUS SSO](#). Employees & spouses can access WebMD ONE via the [webpage](#) or mobile app. Click on the **“Incentive”** tile on the **My Health** home page. Next, click **“Continue”** to take you to your Incentive Lobby.



2. Click on the TAMUS Two-Step Wellness Program tile to view your personalized checklist and complete your activities.



3. Click the carrot to the right to expand the checklist to view your “Step 2” options. Click into each activity to learn more on how to complete and timing for credit to appear.
4. PREVENTIVE CARE: click this tile to reach the Health Goals Page for all preventive exams/care items that included as part of your “Step 2” options.

