Steps for wellness credit:

EMPLOYEES can go to MyEvive through SSO.  [https://sso.tamus.edu](https://sso.tamus.edu)

SPOUSES CAN USE THIS LINK:  [Login Page](https://sso.tamus.edu)
(If you haven’t registered yet, you can find instructions [here under “Registering for your MyEvive account”](https://sso.tamus.edu))

After logging in, scroll down to the TWO STEP icon

View your current status and checklist

If you have completed a task and it is not reflected as completed in your MyEvive account, notify [memberservices@goevive.com](mailto:memberservices@goevive.com)
Everyon's checklist may be different. You will need to complete 2 tasks.

MyEvive has created a list based on your gender, age and which wellness activities pertain to you. Below are brief descriptions of some of the choices. You may not have the same list. IF you have the ones highlighted below, those will be the shortest tasks to complete.

- **Annual Wellness Exam** (if you have already completed this, you will see a completion date)
  - Complete by June 30th. It may take up to 90 days after your office visit for it to reflect on MyEvive as complete.

- **Naturally Slim Program** (specific qualifications)
  - Not all employees will qualify for this program. It will be based on Naturally Slim's specific criteria. This is a 10-week program. But if you are admitted into the program, you will receive credit after 5 weeks of participation.

- **Where to go for Care** (quick completion)
  - A short video is shown and at the end you will receive the code to input for completion of task.

- **MD Live Registration** (quick completion)
  - Register for virtual office visits through MD Live. This only takes a few minutes and will set you up for future virtual visits.

- **HealthQuests** (choose one)
  - There are several programs. These will be 4-6-week courses.

Choose a HealthQuest

Decide on a goal
• **Well on Target Self-Management Program** (choose one)  
To get to the options:

![Well on Target Self-Management Program](image)

**Interactive Programs** - These programs will take about 4 weeks to complete.

Options include:

<table>
<thead>
<tr>
<th>Enhancing your Physical Activity</th>
<th>Living with Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition for Better Health</td>
<td>Achieving Your Healthy Weight</td>
</tr>
<tr>
<td>Maintaining your Healthy Weight</td>
<td>Quitting Tobacco</td>
</tr>
<tr>
<td>Improving your Sleep</td>
<td>Staying Tobacco Free</td>
</tr>
<tr>
<td>Improving your Oral Health</td>
<td>Financially Fit</td>
</tr>
</tbody>
</table>

**Educational Programs** - can be completed in 1 day

These selections have videos and information that will be at your own pace.

Options include:

<table>
<thead>
<tr>
<th>Healthy Bones and Joints</th>
<th>Improving your Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living With Congestive Heart Failure</td>
<td>Preventing Diabetes</td>
</tr>
<tr>
<td>Managing Your Metabolic Syndrome</td>
<td>Living With Asthma</td>
</tr>
<tr>
<td>Living with Coronary Artery Disease</td>
<td>Healthy Pregnancy (by stage)</td>
</tr>
<tr>
<td>Living with COPD</td>
<td></td>
</tr>
</tbody>
</table>

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