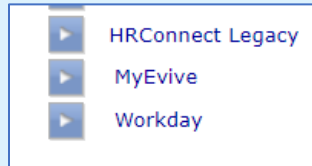


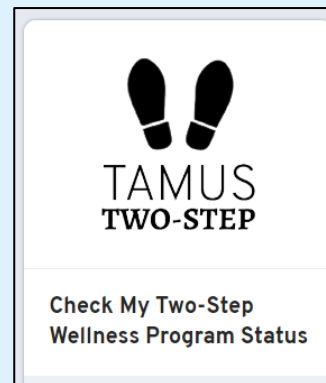
Steps for wellness credit:

EMPLOYEES can go to MyEvice through SSO. <https://sso.tamus.edu>



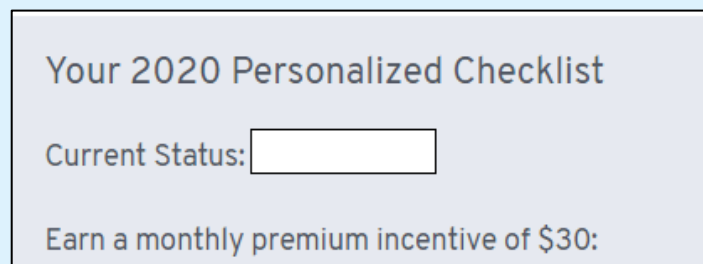
SPOUSES CAN USE THIS LINK: [Login Page](#)

(If you haven't registered yet, you can find instructions [here under "Registering for your MyEvice account"](#))



After logging in, scroll down to the TWO STEP icon

View your current status and checklist

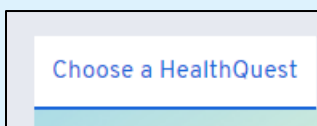


If you have completed a task and it is not reflected as completed in your MyEvice account, notify memberservices@goevive.com

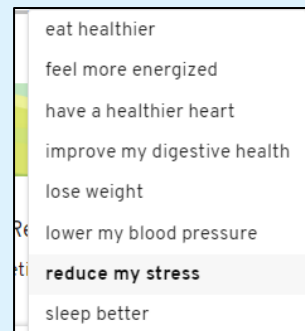
Everyone's checklist may be different. You will need to complete 2 tasks.

MyEvide 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 MyEvide 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.

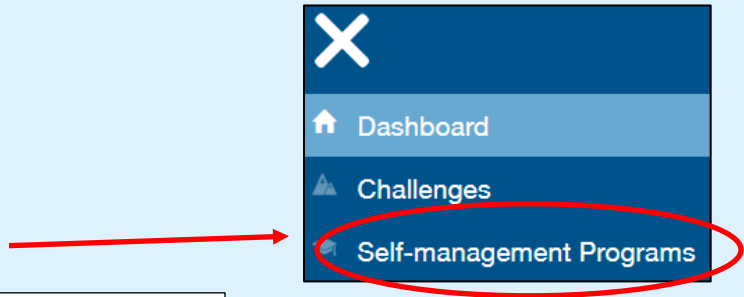


Decide on a goal



- **Well on Target Self-Management Program** (choose one)

To get to the options:



Scroll to the bottom

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

Options include:

Enhancing your Physical Activity	Living with Diabetes
Nutrition for Better Health	Achieving Your Healthy Weight
Maintaining your Healthy Weight	Quitting Tobacco
Improving your Sleep	Staying Tobacco Free
Improving your Oral Health	Financially Fit

Educational Programs – can be completed in 1 day

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

Options include:

Healthy Bones and Joints	Improving your Cholesterol
Living With Congestive Heart Failure	Preventing Diabetes
Managing Your Metabolic Syndrome	Living With Asthma
Living with Coronary Artery Disease	Healthy Pregnancy (by stage)
Living with COPD	

If you have completed a task and it is not reflected as completed in your MyEvoke account, notify memberservices@goevoke.com