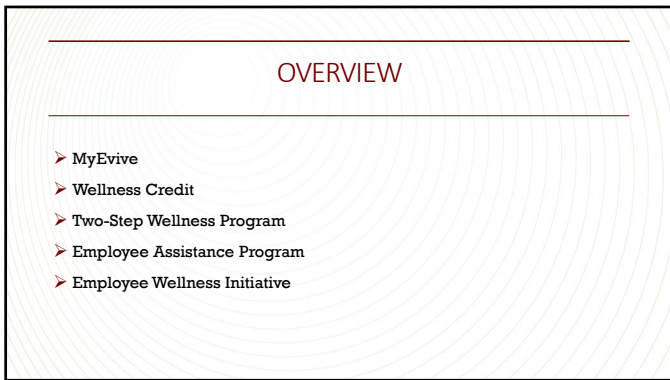




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HOW TO ACCESS
<https://sso.tamus.edu/>

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WELLNESS CREDIT
 Two-Step Wellness Program

RECEIVE THE LOWEST RATE ON YOUR HEALTH INSURANCE PREMIUM



Completing any two steps on your MyEve Personalized checklist* will ensure that you have the lowest rate for your health insurance premiums.

**The alternate health assessment available on Well onTarget through Blue Access for Members (BAM) can also count toward your wellness credit. It must be paired with the Wellness Exam!*

Deadline of June 30 to receive the credit for the upcoming plan year effective September 1.

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WELLNESS CREDIT HIGHLIGHTS

- Complete two wellness activities between September 1 and June 30.
- Applies to employees AND covered spouses enrolled in the A&M Care Plan.
- A wellness credit of \$30 per month will be applied for each individual (you and your spouse) who completes any two wellness tasks on your MyEve Personalized Checklist by June 30.
- Retirees and graduate students enrolled in the Grad Plan will automatically receive the lower premium.

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WELLNESS CREDIT HIGHLIGHTS

- You can verify your completion status for the wellness premium incentive by logging into or registering for your MyEve account at tamus.myeve.com.
- New employees have a grace period of the current plan year, plus the next plan year.
- Covered spouses must create a MyEve account using their own personal information along with the employee's member ID (UIN)
- Wellness tasks have different timeframes for the completion to show on MyEve

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CURRENT WELLNESS CREDIT ACTIVITIES

- Annual Wellness Exam
- MyEve Health Assessment
- Preventive Screenings: Breast Cancer; Colon Cancer; Cervical Cancer
- Preventive Skin Care Exam
- Nutritional Counseling
- Flu Shot
- Well OnTarget Self-Management Program
- MDLIVE Registration
- Where to go for Care Scavenger Hunt

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EMPLOYEE ASSISTANCE PROGRAM

Work/Life Solutions by GuidanceResources

The Texas A&M University System is proud to offer Work/Life Solutions to eligible employees. These programs usually offer in-person and telephonic counseling services, training, and have resources to help employees deal with all kinds of stressful issues from parenting to death of a loved one to conflicts at work. Contact GuidanceResources with the information below.

Website: <http://www.guidanceresources.com>


WEBID: TAMUS

1-866-301-9623

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EMPLOYEE WELLNESS INITIATIVE
Physical, Mental & Emotional, Financial

The Texas A&M AgriLife supports the efforts of employees on the journey toward wellness and success in their personal and professional pursuits. The AgriLife Employee Wellness Initiative is intended to provide our employees with resources to assist with efforts to increase their health and well-being.



Communication via E-News and website posting

Catapult Clinics

Flu Vaccine Clinics

Webinars - physical, mental/emotional, financial

Fitness Classes – onsite to virtual

Wellness Release Time

<https://agrilifeas.tamu.edu/hr/benefits-retirement/employee-wellness-initiative/>

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WHAT'S NEW FOR FY2022

Open Enrollment is coming! Our Open Enrollment period is the month of July – any changes made are effective September 1.

Enhancement to A&M Dental PPO – adding nightguard benefit.

Premiums will remain stable.

Sixth year employee only medical remains at zero with wellness incentive completion and non-tobacco user.

Wellness Activities: Preventive Dental Exam/Cleaning (includes scaling & root cleaning)
Preventive Vision Exams (BCBS or Superior claims)

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WHO TO CONTACT?

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