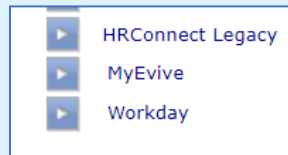


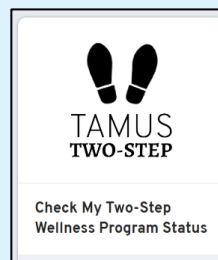
Steps for wellness credit for employees and spouses on A&M Care:

EMPLOYEES can go to MyEvide 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 MyEvide account"](#))



After logging in, find the TWO STEP icon

View your current status and checklist

YOUR PERSONALIZED CHECKLIST

If you have completed a task and it is not reflected as completed in your MyEvide account, send a help request to <https://evivesupport.freshdesk.com/support/tickets/new>

Everyone's checklist may be different. You will need to complete 2 tasks by June 30.

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.

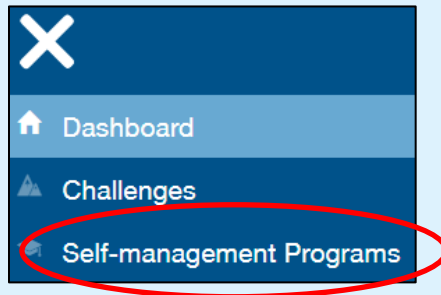
- **Annual Wellness Exam** - Allow 90 days after your office visit for it to reflect - in EVIVE as complete.
- **Flu Shot** – once claim is processed, you will see this marked as Complete.
- **Preventive Skin Care Exam** – allow 90 days after your office visit for it to reflect in EVIVE as complete.
- **Nutritional Counseling** – allow 90 days after your session for it to reflect in EVIVE as Complete.
- **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.

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.

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	

Please allow 2 weeks for it to reflect as complete on your EVIVE list

<https://evivesupport.freshdesk.com/support/tickets/new>