

Benefit Briefs



Brought to you by System Benefits Administration
Issue #51, February 2016

Kick Start a Healthy Habit

Form 1095 Information

The Form 1095-C is a document that the Affordable Care Act requires employers to provide and assists you with completing questions related to health insurance coverage when filing your federal tax return. A Form 1095-C is now available in HRConnect via [Single Sign-On](#) (SSO) if:

- you were a full-time employee during any month in calendar year 2015, regardless of whether or not you had health insurance through the A&M System, or
- you had health insurance through the A&M System during any month in calendar year 2015, regardless of employment status.

For those who elected to receive a paper Form 1095-C, you should receive it by U.S. Postal Service in late February or early March.

In addition to receiving a Form 1095-C from the A&M System, employees who were enrolled in the Graduate Student Employee Health Plan during any month in calendar year 2015 should also receive a Form 1095-B from BlueCross BlueShield of Texas through the U.S. Postal Service.

If you have questions about how to log into HRConnect via [Single Sign-On](#) (SSO) to print your Form 1095-C or general questions about your Form 1095-C, click on this link:

<http://www.tamus.edu/business/benefits-administration/aca/>.

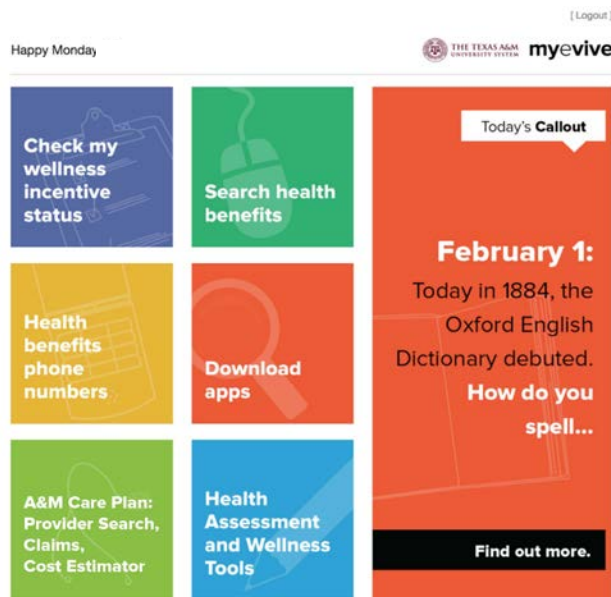
The Power of Small Amounts



See how a small change can make a **Big Difference**. This [calculator](#) will show you how a small increase in your A&M System Tax-Deferred Account (TDA) or TexaSaver DCP plan contribution can make a powerful difference.

MyEve – A New Homepage for BlueCross BlueShield of Texas (BCBSTX)

Active employees and spouses enrolled in the A&M Care health plan have a new homepage to call home. Welcome to – *MyEve* – your personalized health, benefits, and everyday well-being experience located at tamus.myeve.com.



You can register for your account at *MyEve*, using your BCBSTX member ID on your health insurance card (your UIN). Then you can look forward to a personalized website that goes where you go (optimized for web browser, tablet, and mobile phone) and helps you find the health information you need.

How does it work? It connects you with important A&M System benefits like your wellness incentive status, access to BCBSTX's Blue Access for MembersSM (BAM) to review claims or search for a provider and to Well onTarget to complete a health assessment or access wellness tools using "quick links". Better yet, *MyEve* gives you a great reason to come back. Everyday you'll see a new "Today's Callout" banner. Click on it to be taken to personalized webpages that help you save money on your prescriptions, remind you of important care that's due, and connect you with other important health and financial resources when you might need them most. There are also fun "Callouts" related to daily well-being, including quick recipe ideas, fitness tips, and even inspirational quotes and stories to help you keep your health on track.

What will you find on *MyEve*? What's your Callout message today? Find out at tamus.myeve.com. **Please note** that you will be receiving mailed correspondence that invites you to register for a *MyEve* account.

Resolve to Lose Weight and Improve Your Health with the *natura*(*yslim*®) Program

You may have heard about the weight loss success from colleagues and friends who participated in the Naturally Slim® program – the program that teaches you how to **lose weight and improve your health** while eating the foods you love. The A&M System will be offering Naturally Slim to System employees/retirees and their spouses who meet the Naturally Slim® participation requirements and are enrolled in the A&M Care, 65 PLUS, or J plans, at no cost, once again in 2016! This is a 10-week behavior-based program that helps you change how and when you eat instead of what you eat. You can read the [FAQs](#) and check the table below for application submission and program start dates. System Benefits Administration sends an initial email notification to the individuals in each group when the application process is open for that group.

System Member Groups	Application Submission Dates	Program Start Date
<i>Group A1:</i> TAMU; HSC/BCS; TTI; TEEX; AgriLife; TFS; TVMDL and System Offices	CLOSED	BEGAN ON 02/01
<i>Group B1:</i> PVAMU; Galveston; San Antonio; Corpus Christi; International and Kingsville	<i>Application Submissions in Progress</i> 02/01-02/12	02/29
<i>Group C1:</i> Tarleton; WTAMU; Commerce; Texarkana and Central Texas	02/29-03/11	03/28



System-Wide Employee Assistance Programs (EAPs)

An Employee Assistance Program (EAP) is a confidential work-based program intended to help employees resolve personal and work (marital, family, grief, stress, workplace conflict, and substance abuse, etc.) problems.

The Texas A&M University System is proud to offer EAP services to eligible employees. Please check below to find your EAP and a list of selected services offered by your EAP service.

Texas A&M University EAP services are provided to the employees of the following System Members: System Administrative Offices, Texas A&M AgriLife, Texas A&M Veterinary Medical Diagnostic Laboratory, Texas A&M Forest Service, Texas A&M Transportation Institute and Texas A&M University.

Services include, but are not limited to in-person counseling, child care and elder care resources and educational workshops.

To see a complete list of services provided, please visit the [TAMU EAP](#) website.

Deer Oaks EAP services are provided to the employees of the following System Members: Tarleton State University, Texas A&M International University, Texas A&M University – Central Texas, Texas A&M University – Commerce, Texas A&M University – Corpus Christi, Texas A&M University – Kingsville, Texas A&M University – San Antonio, Texas A&M University – Texarkana, West Texas A&M University, Texas A&M Engineering Extension Service and Texas A&M Health Science Center.

Services include, but are not limited to in-person and telephone counseling and assessment; legal and financial assistance; online tools/resources and online seminars.

Please visit the [Deer Oaks EAP](#) website for a full list of services provided and contact your Human Resources department to receive your organizations username and password to access the Deer Oaks website.

University of Texas EAP services (UTEAP) are provided to Prairie View A&M University employees.

Services include, but are not limited to assessment and referral; legal and financial resources; work-life services and monthly newsletters.

Please visit the [PVAMU HR](#) website for a complete list of services provided.

University of Texas Medical Branch (UTMB) provides EAP services to Texas A&M University – Galveston employees.

Services include, but are not limited to counseling, educational seminars and financial and legal assistance.

Please visit the [TAMUG HR](#) website for a detailed list of services provided by UTMB EAP.

Texas A&M Engineering Experiment Station employees should contact [TEES HR](#) for EAP information.

Updated Mailing Address for PayFlex - Flexible Spending Accounts



In October 2015, PayFlex began using a new mailing address for member forms. This includes forms like the [Claim form](#), Direct Deposit form, and Letter of Medical Necessity (LOMN) form. [PayFlex](#) members should be using updated forms with this new mailing address:

PayFlex Systems USA, Inc.
P.O. Box 981158
El Paso, TX 79998-1158