

Benefit Briefs

PREPARING FOR RETIREMENT

Upcoming online webinars about financial security, retirement preparation, and investing.

Estate planning basics:
January 9 at 11 A.M.

Discover the basic estate planning components and strategies to ensure that your goals are met.

NEW YEAR – GET ORGANIZED!

Start the year off right by putting your projects and work tasks in order. Deer Oaks EAP's on-demand, online seminar for January is **"Everything in Its Place: Getting Organized"**.

It is easy to attend online seminars with Deer Oaks, the Employee Assistance Provider for the A&M System. Simply log in to www.deeroakseap.com using your campus login and password, and click Online Seminars. The seminar will be posted on January 16, 2018. Archived seminars are available as well. If you don't know your campus login and password, contact your [Human Resources office](#).

1095-C REMINDER

Form 1095-C for the FY2017 tax year will be available electronically in HRConnect Legacy on or before 1/31/18 at <https://sso.tamus.edu>.



YOUR BENEFITS AND WORKDAY

The benefits worklet is your connection to your benefits in Workday. It provides a transparent view of your current benefit package, with your coverage amounts, premium amounts, beneficiary information, and more.

Sometimes, a Life Event such as a marriage or a new child means that you need to make changes to your benefits during the year. Now you can do that yourself in Workday rather than completing a paper form and sending it to your Human Resources Office. Need to change your Tax Deferred Account contribution amount? You can do that online as well.



It's a brand new day, with Workday.

HAVE YOU GOTTEN YOUR WELLNESS EXAM?

Remember that to continue your eligibility for the lower premium due to the Wellness Exam Incentive program for the plan year beginning September 1, 2018, you will need to complete your annual wellness exam by June 30, 2018.

- Applies to employees AND covered spouses enrolled in the A&M Care Plan
- \$30 per month will be added to the premium for each individual (you and your spouse) who does not complete a wellness exam between September 1, 2017 and the

June 30, 2018 deadline. You can check your premium credit in Workday by clicking on the Benefits Worklet, clicking Benefit Elections, and viewing the last column to the right on the Medical row. A Benefit Credit of \$30 each will be shown for both you and your spouse if you have completed a wellness exam.

- Blue Cross and Blue Shield will record the incentive completion through the claims payment process
- You can verify your completion status for the wellness exam incentive on MyEvice

For more detailed information, visit the [TAMUS Wellness website](#).

NATURALLY SLIM OPENS FOR 2018

The A&M System will be offering Naturally Slim to all 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 2018! 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](#) to find out more about participation. The first application period opens from January 15th to January 26th.

MYEVIVE 2.0

MyEveive has a new look! Recently added features include:

- A new profile function where you can reset your password and change your subscription preferences
- Web capabilities to find a nearby, in-network provider
- An interactive help center for MyEveive and general benefit questions
- New ways you can customize your home page and pin favorites

MyEveive will still send you personalized reminders about your health and wellness and will display your incentive status. Logon to MyEveive at <https://tamus.myeveive.com> to check it out!

DOES THE TIME OF YEAR AFFECT YOUR HEADACHES?

Changing seasons can cause cluster headaches. Cluster headaches are “clusters” of head pain that last from 4-6 hours or longer. In 80 % of people that experience cluster headaches, it is generally once a year and often at the same time.

Why are they seasonal?

Doctors believe that cluster headaches can be triggered by changes in your schedule due to the seasonal time change. Changes in daylight, barometric pressure, and temperature could be to blame for your headaches.

How can I tell if my headaches are cluster headaches?

Keep a headache diary. If you start to notice recurring patterns and increased frequency of your headaches during certain times of the year, talk to your doctor about preventive options.

NEW FEATURES FOR PAYFLEX MEMBER WEBSITE

PayFlex has added additional customer service features such as web authentication to their website to provide a better experience for you and make their website safer.

Authentication is the process that helps PayFlex determine your identity. Now Payflex will ask you to verify yourself when logging into the PayFlex member website.

- When you log in to the PayFlex member website, you'll see an option to “remember your device and browser.”
- If you want to proceed, you can request a verification code through email or text message. PayFlex will ask you to answer security questions.
- After you verify your account, it will take you to your dashboard.

Payflex has also added a convenient, 24/7 customer service contact email to their Contact Us page. Employees can find the “send an email” option on the [PayFlex member website](#).

- Log in to the PayFlex member website and select **Help & Support** at the top of the screen.
- Then, select **Contact Us**.
- From that page, select **send an email**.

WALK ACROSS TEXAS (WAT!): GET INVOLVED

Walk Across Texas is an 8-week program created by the Texas A&M AgriLife Extension Service with the goal of getting people in the habit of regular physical activity. WAT! gets its name from the 830 miles it would take to walk across the state of Texas. The goal of WAT! is to participate in enough physical activity to match the equivalent of walking 830 miles. There is a range of activities that can count towards your goal such as jogging, swimming, biking, rollerblading, or using cardio machines at the gym. Dancing and gardening even count and there is a mileage calculator to identify the miles/activity on the Walk Across Texas website. You can start at any time. Many System campuses and agencies use this opportunity to create some friendly competition with dozens of 8-person teams. Contact your Wellness Coordinator or Human Resources office at your institution or find out more at <http://walkacrosstexas.tamu.edu/>.

CHANGES TO WELL ONTARGET

As of December 31, Blue Cross and Blue Shield (BCBS) retired the Food and Exercise Diary on their health and wellness portal, Well onTarget. You can still add nutrition information through the Tracker and take a nutrition course.

Later in the year, you will be able to connect other nutrition apps such as MyFitnessPal or Fitbit® to the portal and continue to gain Blue Points for eligible completed actions. If you have questions about Well onTarget or Blue Points, call BCBS customer service at 1 (877) 389-3651.