The ‘Two-Step’ Wellness Program* on MyEvive can help you improve your health and wellness and save money. Complete two activities from your personalized checklist in the ‘Two-Step’ Wellness Program by June 30, 2020, to earn $30 off your monthly premium for the plan year beginning September 2020.

HOW DOES IT WORK?

• Tasks are determined and prioritized by the United States Preventive Task Force guidelines which can be found here.

• Naturally Slim is shown to everyone if they have less than five items, by default. Eligibility is determined by the application process with Naturally Slim only. Common factors for exclusion include a BMI that does not fall in the range for taking the program or a self-reported medical condition that makes participation inadvisable.

• Evive does not share any of your data with Texas A&M University System. Your answers are used to recommend The Texas A&M University System benefits to you, for a more personalized benefits and MyEvive portal experience.

• For questions or support, please fill out the MyEvive Support Form or call 888-208-9470.

• Newly enrolled employees and spouses have a grace period of the current plan year plus one additional year to complete their incentive tasks. The plan year begins on September 1 and ends on August 31.

*Active employees and spouses who have coverage with the Texas A&M University System medical plan (with original coverage date prior to 9/01/2018) are eligible to participate in the wellness program. Graduate students and retirees are not eligible to participate. Rewards for activities completed in the current fiscal year (9/01/2019 - 8/31/2020) will be credited in the next fiscal year (9/01/2020 - 8/31/2021).
Log in to MyEvive on the portal or mobile app and click on “My Incentive Status” on the ‘Two-Step’ card to view your personalized checklist and complete your activities.

**HOW TO COMPLETE A PERSONALIZED CHECKLIST ACTIVITY**

You may see up to five of the following activities, but remember, you only need to complete two activities to earn your reward.

**Jump to:**

- Annual Wellness Exam
- Health Assessment
- Preventive Screenings
- Naturally Slim
- Well onTarget
- HealthQuests
- MDLive
- Where to go for Care Scavenger Hunt
ANNUAL WELLNESS EXAM

• Go to “Take Action!” >> Schedule an appointment with your Primary Care Physician.

• Complete an Annual Wellness exam by 6/30/2020.

• How Long Will it Take to Receive Credit: This item will be marked complete once the claim has been processed. Claims processing can take up to 90 days.

Annual Wellness Exam
Complete an annual wellness exam by 06/30/2020 to receive your premium incentive for the plan year beginning 09/01/2020. Need help finding a doctor? Click the Take Action button below for local in-network options through BCBSTX.

Call to connect with this resource: 1-866-295-1212
Heath Assessment

Complete the health assessment between 09/01/2019 and 06/30/2020 to receive your premium incentive for the plan year beginning 09/01/2020.

Take Action

• Go to “Take Action” >> “Get Started.”
• Take the Questionnaire.

How Long Will it Take to Receive Credit:
The Health Assessment will typically show as complete on your checklist immediately after completion in the MyEvive system.

Olivia, welcome to your Health Assessment.

Get started

Tired of long, useless health assessments that never help you make meaningful choices? Short and simple, the MyEvive Health Assessment provides you with relevant resources to help you make positive improvements to your health.
• Go to “More Information” >> Schedule appointment with your Primary Care Physician.

   ![Year 2020 Personalized Checklist]

   Your 2020 Personalized Checklist
   Current Status: INCOMPLETE
   Earns a monthly premium incentive of $100.
   Complete at least 90% of the items on your personalized checklist below to receive the
   largest premium on your health insurance for the next year.
   Please note: Your status will update in “View” upon claim’s receipt of your claim
   form(s) ($200). Please allow up to 45 days from your submission for your status
   to update.

   Breast Cancer Screening:
   Schedule a Breast Cancer Screening with your primary care physician. Breast Cancer screenings are recommended for women
   50+. This schedule helps alert you to evaluate your breast health and is recommended annually. Your physician may
   recommend more frequent screenings, or beginning screening at an earlier age, if you are identified as high risk for developing breast cancer.
   For help finding an in-network provider, click on More Information.

   Colon Cancer Screening
   Schedule a Colon Cancer Screening with your primary care physician. Colon Cancer Screenings are recommended for
   adults 50+. This routine check-up allows your doctor to evaluate your colon health and is recommended annually if screened
   high-sensitivity fecal occult blood testing, every five years if screened via sigmoidoscopy, and every ten years if screened via
   colonoscopy. Your physician may recommend more frequent screenings if you are identified as high-risk for developing colon
   cancer. For help finding an in-network provider, click on More Information.

   ![More Information]

   ![More Information]

• Complete a Preventive Screening with your Primary Care Physician by 6/30/2020. If your physician has provided a clinical reason why
you cannot receive a preventive screening, update your record via the “Does Not Apply” button.

   ![Take Action]

   Find a Provider
   © Does Not Apply

• How Long Will it Take to Receive Credit: This item will be marked complete once the claim has been processed. Claims processing can
  take up to 90 days.
NATURALLY SLIM

- Go to “Learn More” >> “Apply Now” or “Log In.”
- Naturally Slim acceptance is based on eligibility criteria. For the On Demand enrollment path, the applications are processed within 4 days as seen on the application page at www.naturallyslim.com/TAMUS.
- For the Cohort enrollment path, the applications can take 2-3 weeks. This general time frame can be seen on the application page at www.naturallyslim.com/TAMUS2020.
- Naturally Slim is programmed to show to all individuals as a fifth option if all other options do not apply.

![Naturally Slim Image]

- There are two models, On-Demand and Cohort. The applications for both models contain information for demographics, health insurance, health and lifestyle, and health conditions. You will also need to include your A&M System UIN.
  - **Choose Your Start (On-Demand) Model** – Apply and start the program at your own pace!
  - **Class (Cohort) Model** – Apply and start the program with a cohort of peers at the same time!

- What to Expect if Admitted: If admitted into the program, members will receive credit after completing five sessions by 6/30/2020. We recommend beginning the program by 5/01/2020 to ensure you have ample time to complete at least five sessions.

- **How Long Will it Take to Receive Credit:** This item will be marked complete 14 days following the processing of the fifth session’s claim.

- Please refer to the Naturally Slim FAQ PDF for commonly asked questions.
Go to “Take Action.”

Bypass Well onTarget Health Risk Assessment by clicking “I’ll do this later” >> Select “Program.”

Once you get to the Well onTarget dashboard, select the upper-left hamburger drop-down to access the menu and find the “Self-management Programs” option.

You must complete the entire program to receive credit. They are do-at-your-own-pace.

All Self-management Programs are eligible for credit.

Log back into MyEvive >> Click “Mark My Program Complete” >> Enter completion date.

How Long Will it Take to Receive Credit: Refresh MyEvive page to see completion status.
Go to “Take Action!”

HealthQuests

Embark on ONE HealthQuest. Choose a health goal, then start a HealthQuest that will help you develop new habits and track your progress over the course of 4 to 8 weeks. A HealthQuest consists of four sessions that relay short lessons, practical tips, and encouragement to help you stay on track. This item will be marked as complete once you finish all four sessions, and may take up to 24 hours following completion to update in your checklist as complete.

Choose a goal.

Choose a HealthQuest >> Depending on the goal, you will be given corresponding HealthQuests from which to choose.

By clicking “Learn More,” you access the overview of a HealthQuest, giving you the option to take on (“Yes, I'm ready!”) or decline (“Not right now”) the selected HealthQuest.

You will have to complete four sessions. The next session becomes available after you track your progress for 7 days in each session. You must start each session within 14 days to continue the program. Sessions have two components: learning and tracking.

HEALTHQUESTS

Super Strider

This health quest will help you do what your body was made to do: move! Learn about the effects of walking too much and how walking, washing, running, or jumping can improve your health.

Over the course of four sessions, you’ll track your activity. By either using a Fitbit or tracking it yourself, you’ll learn about the beauty that keeps you from feeling your worst and you’ll try some tips and tricks for getting yourself moving. Plus, there are bonuses available for physical activity in just two to eight weeks.

Are you ready to start Super Strider Session 1?

Once you start a session, you must log in each day to continue it.

Next right now  Yes, I’m ready!

Your Recommended HealthQuests:

Get tips, tricks, and tools for meeting your goal. A friendly digital guide will show you the way.

Session 1: The Importance of Walking

Session 2: Let’s make some moves

Session 3: More is easier than waiting

Session 4: Let’s keep going

Let me tell you how this works.

To complete the HealthQuest and become a certified Super Strider, you’ll need to complete four sessions. Sessions have two parts, and you have to do them in order. First you’ll learn, then you’ll track.
To help you with tracking, you will be prompted to set either an email or a text reminder. You can also update your notification preferences in the ‘Preferences’ tab located at the top.

You will also have to choose a tracking method best fit for your lifestyle. You must track for seven days (within a 14 day period) per session to complete a HealthQuest.

What to Expect: A HealthQuest that will help you develop new habits and track your progress over the course of four to eight weeks. We recommend beginning this activity by 5/01/2020 to ensure you have ample time to complete the four sessions.

How Long Will it Take to Receive Credit: Once all four sessions are complete, it may take up to 24 hours for the checklist item to be marked as complete.
• **How to Register:** Register for MDLIVE by 6/30/2020 by clicking the “Take-Action” button on the MDLIVE activity. You must enter your *Legal Name* and *A&M-assigned employee Unique Identification Number (UIN) (alpha prefix included)* exactly as they appear on your insurance card during registration (Ex. TXW000000000).

• **How Long Will it Take to Receive Credit:** It may take up to 14 days after registering for the item to be marked as complete.
WHERE TO GO FOR CARE
SCAVENGER HUNT

• Go to “Take Action!”

Where to go for Care Scavenger Hunt
Know where to go for health care before you need it. Click the Take Action button below to watch the interactive video about the options available to you when you need care. At the end of the video you will receive a code needed to complete this Checklist item. Complete by 06/30/2020 to receive your premium incentive for the plan year beginning 09/01/2020.

Take Action!

• What to Expect: Watch the “Where To Go For Care” video to the end. Then, enter the code that appears in the text box named ‘Enter Your Code’ and click “Submit.”

• How Long Will it Take to Receive Credit: This item will be marked complete on your checklist within 24-48 hours after completing the activity.
If you did not complete two activities in FY2019, and are not receiving the premium credit in the current plan year (FY2020), you can complete a second activity in FY2020 to fulfill your incentive program for FY2019. Your credit will become effective the first of the month following completion of the task, or after the claim is processed, depending on the activity. You will then need to complete another activity in the current plan year to earn the premium credit in the following plan year.

If you are currently receiving the premium credit because you successfully completed the FY2019 program, you must complete two activities in the current plan year (FY2020) to receive credit for the following plan year (FY2021).

Please note SSN is a hard eligibility requirement for MyEvive system access, as it serves as a unique link between eligibility, carrier, and vendor integrations. In order to have system access, a valid SSN must be passed in the eligibility file from BCBSTX to Evive. If you/your spouse do not have a SSN, or decide to opt out from completing activities with Evive, you can complete the Well onTarget, Health Assessment, and your wellness exam and it will count for completion of the program. BCBSTX will provide the A&M System with a list of members/spouses who completed both activities, however, this manual process may take longer than 60 days to apply.

New Hire Rules

New Hire members are not required to complete the activities to earn credits in FY2020. Texas A&M will automatically grant credits for new hire members in Workday for FY2020.

Privacy Information

What does Evive do with your Health Assessment data?

Evive does not share any of your data with Texas A&M University System. Your answers are used to recommend The Texas A&M University System benefits to you, for a more personalized benefits and MyEvive portal experience.

How is your information protected?

Evive maintains the confidentiality of your information as required by privacy regulations such as HIPAA. All personal health information is held in a secure database and is not shared with TAMUS.

The TAMUS Security & Data privacy FAQ is available to TAMUS members on both the MyEvive portal and mobile app.