## MyEvive Registration FAQ

Download the MyEvive app on your iOS or Android device to register.

me
Unlock your benefits with MyEvive
Start by entering the first few letters of your employer's name below. You'll then be able to pick from a drop-down list.
texas a
The Texas A&M University System
Continue

#### Step 1: DOWNLOAD

Download the app from the App Store or Google Play.

Enter "Texas A&M" as your employer and select "Texas A&M University System" from the drop down list.

#### Select Continue

me		
First, a few quick details		
Tell us a little about yourself. (Tip: Your ID is your A& assigned employee Unique Identification Number (UIN). Spouses use the employee's UIN, toc.)	м-	
Employee ID		
Legal first name		
Legal last name		
Date of birth (MM/DD/YYYY)		
l am a(n)		
Continue		

#### Step 2: VERIFICATION

Enter your ID, which is your A&M-assigned employee Unique Identification Number (UIN). Spouses will use the employee's UIN, too.

Enter your legal first and last name.

Enter your date of birth.

Select if you are an Employee or Spouse.

#### Select Continue

me	
fou re almost done!	
Congrats! Just add a password and fill in your	
preferred communication methods.	
Preferred email (use this to log in)	
	l
Set a password	1
	ļ
Mobile phone number	
Preferred contact method	
•	
I accept the <u>Terms and Conditions</u> and <u>Privacy Policy</u> .	
I give MyEvive permission to send me reminders and updat	tes
in accordance with the propagative	
Finish	ĺ

#### Step 3: REGISTRATION

Enter your email address (this will be your username).

Create a secure password using the criteria listed.

Enter your phone number.

Select your preferred contact method.

Be sure to check off the Privacy Policy and Terms of Use.

Select Finish

#### LET US HELP.

We have a team of people to help you. Chat with one of our member services representatives today for help registering, downloading our app, or navigating MyEvive. Email memberservices@goevive.com or call 888-208-9470, Monday - Friday 9 AM - 5 PM CST.

## MyEvive FAQ

#### Welcome to MyEvive, your benefits & wellness portal!

#### GENERAL

#### What is MyEvive?

MyEvive is a personalized health, wealth, and wellbeing experience accessible through our app and online, brought to you by the Texas A&M University System.

#### How is my information protected?

Your information is kept confidential as required by HIPAA (the Health Insurance Portability and Accountability Act). All personal health information is held in a secure database and is not shared with the Texas A&M University System.

#### How do I get started?

Download the MyEvive app from the App Store or Google Play Store. After downloading, type in 'Texas A&M' and select "The Texas A&M University System" in the drop down.

#### How do I change my preferred communication method?

Click your photo in the top left corner of the screen to go to your profile page, where you can change your preferences.

#### How do I log in?

On the login page, enter your username, which is the email address you provided when you registered for MyEvive. Then enter your password and click Log in.

#### l forgot my password, what should I do?

Click 'Forgot your password?' to be taken to the password reset screen. Enter the email address you used to register and click 'Reset Password'. You'll receive an email with a link to reset your password.





# **MyEvive FAQ**

#### Welcome to MyEvive, page 2.

#### APP

What are the App system requirements? The MyEvive app is compatible with Android 5.0 and iOS 9.0, or later devices.

How do I download the MyEvive app for iPhone? Go to the App or Google Play Stores and search 'MyEvive' - look for the icon on the right.

# me

#### REGISTRATION

#### Can my spouse and I register using the same email address?

No. For security reasons, you must each use your own email address, but you will use the same Employee ID. If you're an employee, please make sure that you select 'Employee/Subscriber' when you create your account. If you're an employee's spouse, select 'Spouse' when you create your account.

#### How do I register for MyEvive?

#### Step 1: DOWNLOAD

- Download the app from the App Store or Google Play.
- Enter "Texas A&M" as your employer and select "Texas A&M University System" from the drop down list.

#### - Select Continue.

#### Step 2: VERIFICATION

- Enter your ID, which is your A&M-assigned employee Unique Identification Number (UIN). Spouses will use the employee's UIN, too.
- Enter your legal first and last name.
- Enter your date of birth.

Number), then try again.

- Select if you are an Employee or Spouse.
- Select Continue.

#### Step 3: REGISTRATION

- Enter your email address (this will be your username).
- Create a secure password using the criteria listed.
- Enter your phone number.
- Select your preferred contact method.
- Be sure to check off the Privacy Policy and Terms of Use.
- Select Finish.

I received the message 'Employee ID did not match our records'. What does this mean? This error message shows when the ID you're using to register does not exist in Evive's database. Please contact your employer to receive your UID (Unique Identification

## MyEvive HealthQuests FAQ

#### What's a HealthQue<u>st?</u>

Choose a health goal, develop new habits, and track your progress over the course of 4 to 8 weeks with a HealthQuest. You'll participate in four sessions that relay short lessons, practical tips, and encouragement to help you stay on track.

A fun and interactive way to participate and learn healthy habits with many options available such as Carb Cutters, Fruit and Veggie Crunchtime, Urge to Splurge, Coffee Time, Mind the Moment, and more!

#### What are HealthQuests?

A HealthQuest is an interactive program that helps users gradually change habits in pursuit of a health goal. The user chooses the goal, and a friendly digital guide will lead them on a HealthQuest peppered with fun lessons, quizzes, and flashcards.

What are the benefits of completing a HealthQuest from my MyEvive Checklist?

By completing a HealthQuest, you are one step closer to earning the lowest rate for your health insurance premium.

#### How can I locate HealthQuests on MyEvive?

You can access HealthQuests either through the 'TAMUS TWO-STEP' resource card or the HealthQuests resource card.

#### Will I be reminded about the HealthQuests I am currently completing?

Nudges are sent to the user via their preferred communication preference (SMS or email). By clicking the "preferences" button within HealthQuests, you can change or update your communication preference.

Where can I locate all the Quests I've completed? By clicking "My HealthQuest" the user can locate all completed quests as well as quests that are in progress.

Meet a few of your friendly guides...



Brenda Breadfree



Toni Lifton



Remy Restwell

# TAMUS Two-Step FAQ



Through the Two-Step wellness program, members engage in health-promoting activities based on unique member risk and identified benefit interests via a personalized checklist.

#### Who is eligible to participate in the TAMUS Two-Step wellness program?

Employees and covered spouses on the A&M System Care Plan. By completing the Two-Step health and wellness activities (personalized to them on their MyEvive checklist), it will ensure they are receiving the lowest health premium beginning in FY2021.

### How do members complete their activities?

Members can start by logging on to their MyEvive portal. From there, they can access their personalized Two-Step wellness checklist at the top right of their homepage. Remember, the checklist is personalized just for them based on their health and interests -- so everyone's is unique.

## When is the TAMUS Two-Step deadline for the eligible members?

The deadline remains the same, June 30, 2020.

#### Will there be reminders to complete new activities?

Yes. The A&M System benefits team and Evive ensure communications are plentiful and clear for eligible members with the new details of the Two-Step program.



What are the activities someone could see on their MyEvive checklist this year? Annual Wellness Exam Health Assessment Breast Cancer Screening Cervical Cancer Screening Colon Cancer Screening Naturally Slim Well onTarget Self-Management Program HealthQuests MDLIVE Registration Where to go for Care Scavenger Hunt

#### How do members complete items on their checklist?

Most items are automatically updated and marked complete through Evive (Annual Wellness Exam, Health Assessment, Breast Cancer Screening, Colon Cancer Screening, Naturally slim, HealthQuests, MDLive Registration, Where to go for Care Scavenger Hunt). Members will need to go back and mark themselves complete/done for the Well onTarget Self-Management Program once they complete their lessons. They are able to do that right in the MyEvive checklist item.

#### Additional TAMUS Two-Step questions?

We have a team of people to help you with the TAMUS Two-Step wellness program. Email memberservices@goevive.com or call 888-208-9470, Monday - Friday 9 AM - 5 PM CST.