

2023 'Two-Step' Wellness Program FAQ

The 'Two-Step' Wellness Program* on MyEvice can help you improve your health and wellness and save money. Complete an annual wellness exam and one activity from your personalized checklist in the 'Two-Step' Wellness Program by June 30, 2023 to earn the lowest premium on your medical coverage for the plan year beginning September 2023.

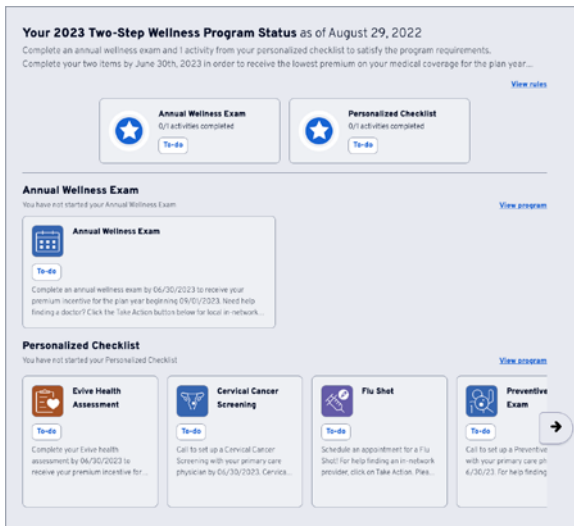
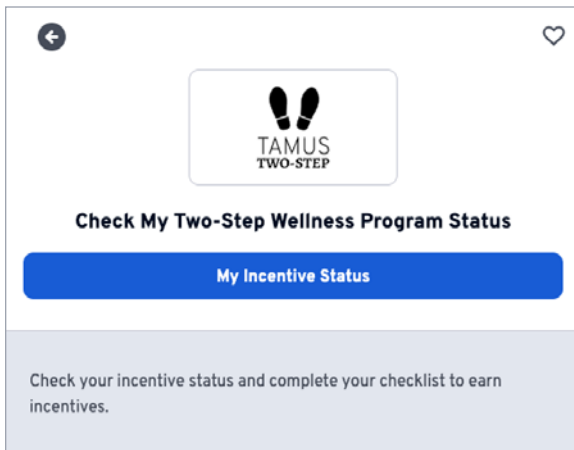
How does it work?

- Tasks are determined and prioritized by the United States Preventive Task Force guidelines which can be found [here](#).
- Evive does not share any of your data with Texas A&M University System. Your answers are used to recommend benefits to you, for a more personalized benefits and MyEvice portal experience.
- For questions or support, please fill out the [MyEvice 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 A&M Care Plan (with original coverage date prior to 09/01/2021) are eligible to participate in the Two-Step wellness program. Graduate student employees enrolled in the Grad Plan and retirees already receive the lower premium and are not eligible to participate in the incentive program. Rewards for activities completed in the current fiscal year (09/01/2022 - 08/31/2023) will be credited through the next fiscal year (09/01/2023 - 08/31/2024).*

Getting Started

[Log in to MyEvide](#) 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 Checklist Activity

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

Jump to a section:

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[Health Assessment](#)

[Preventive Screenings](#)

[Preventive Skin Care Exam](#)

[Flu Shot](#)

[Nutritional Counseling](#)

[MDLive](#)

[Well onTarget](#)

[Dental Exam](#)

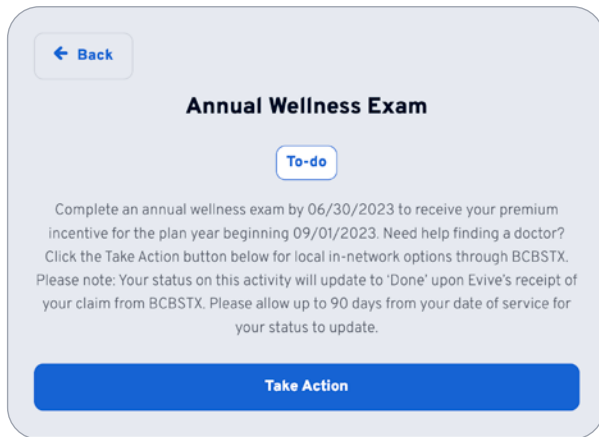
[Vision Exam](#)

[Wondr Program](#)

[2nd.MD](#)

Annual Wellness Exam

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



- Complete an Annual Wellness exam by **06/30/2023**.

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.

Health Assessment

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



Evive Health Assessment

To-do

Complete your Evive health assessment by 06/30/2023 to receive your premium incentive for the plan year beginning...

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Evive Health Assessment

To-do

Complete your Evive health assessment by 06/30/2023 to receive your premium incentive for the plan year beginning 09/01/2023.

Take Action

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.

Preventive Screenings (Breast, Cervical, Colon)

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

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Colon Cancer Screening

To-do

Call to set up a Colon Cancer Screening with your primary care physician by 06/30/2023. Colon Cancer Screenings are recommended for adults 45+. Having this routine check-up allows your doctor to evaluate your colon health. For help finding an in-network provider, click on Take Action. Please note: Your status will update to 'Done' upon Evive's receipt of your claim from BCBSTX. Please allow up to 90 days from your date of service for your status to update.

[Take Action](#)

[Update My Record](#)

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Cervical Cancer Screening

To-do

Call to set up a Cervical Cancer Screening with your primary care physician by 06/30/2023. Cervical Cancer Screenings are recommended for women 21-65. Having this routine check-up allows your doctor to evaluate your cervical health. For help finding an in-network provider, click on Take Action. Please note: Your status on this activity will update to 'Done' upon Evive's receipt of your claim from BCBSTX. Please allow up to 90 days from your date of service for your status to update.

[Take Action](#)

[Update My Record](#)

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Breast Cancer Screening

To-do

Call to set up a Breast Cancer Screening with your primary care physician by 06/30/2023. Having this routine check-up allows your doctor to evaluate your breast health. For help finding an in-network provider, click on Take Action. Please note: Your status on this activity will update to 'Done' upon Evive's receipt of your claim from BCBSTX. Please allow up to 90 days from your date of service for your status to update.

[Take Action](#)

[Update My Record](#)

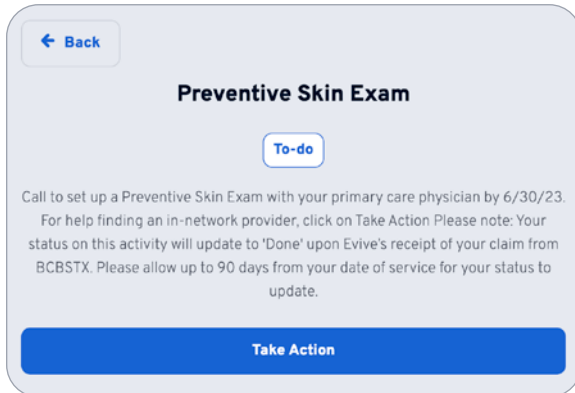
- Complete a Preventive Screening with your Primary Care Physician by **06/30/2023**. If your physician has provided a clinical reason why you cannot receive a preventive screening, update your record via the “Update My Record” button.

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.

Preventive Skin Care Exam

- Go to "Take Action!" >> Schedule an appointment with a covered dermatologist or your personal dermatologist.



- It is recommended to get a Preventive Skin Care Exam once a year.
- Call to set up a Preventive Skin Care Exam with your primary care physician or dermatologist. *Certain skin cancer exams are not covered at 100% and you could incur a fee for your visit.*

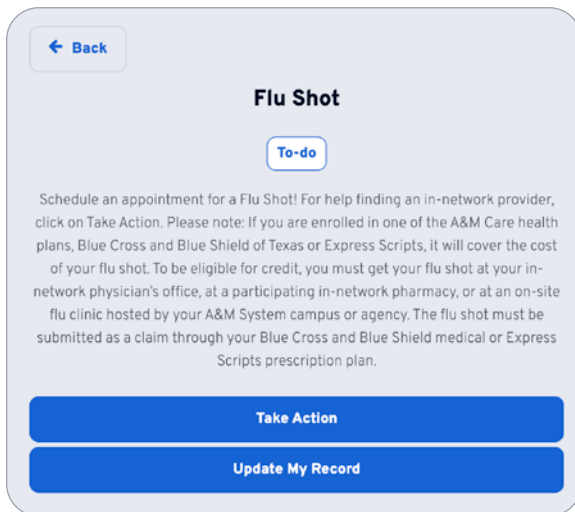
How Long Will it Take to Receive Credit:

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This item will be marked complete once the claim has been processed. Claims processing can take up to 90 days.

Flu Shot

- Go to “**Take Action!**” >> Schedule an appointment with your Primary Care Physician or check with your campus or agency for any on-site flu clinics.



- According to national guidelines, everyone over 6 months old should get the flu vaccine. Young children, pregnant women, people with certain chronic health conditions, and people 65 years and older are especially prone to serious flu complications.
- If you received a flu shot outside of the A&M Care Plan, you may submit your flu shot completion information via the 'Update My Record' button and enter the date of your appointment.

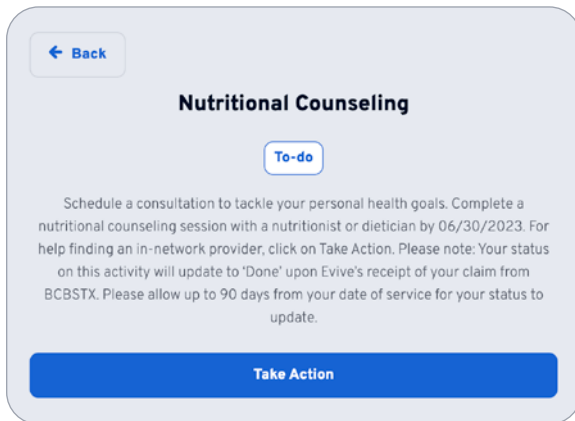
How Long Will it Take to Receive Credit:

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This item will be marked complete once the claim has been processed. Claims processing can take up to 90 days.

Nutritional Counseling

- Go to “**Take Action!**” >> You can schedule a covered nutritional counseling session with a registered dietitian, or HEB Nutrition services. Preventive services are considered covered under the A&M Care plan.



- To book your one on one dietitian consultation, visit: <https://www.heb.com/static-page/nutrition-services>
- Call (855) 481-1149 or email nutritionservices@heb.com for more information.

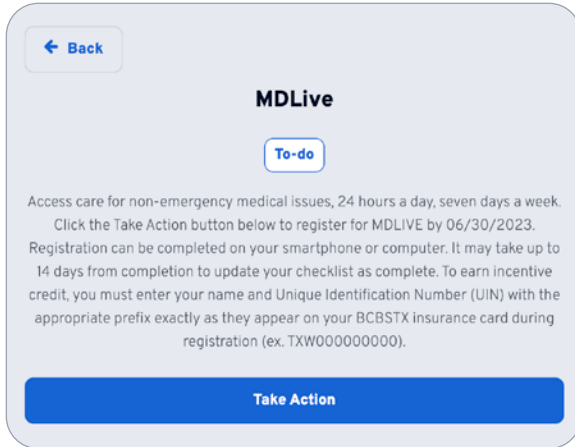
How Long Will it Take to Receive Credit:

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This item will be marked complete once the claim has been processed. Claims processing can take up to 90 days.

MDLIVE Registration

- “Take Action!” >> Set up an account in MDLIVE.



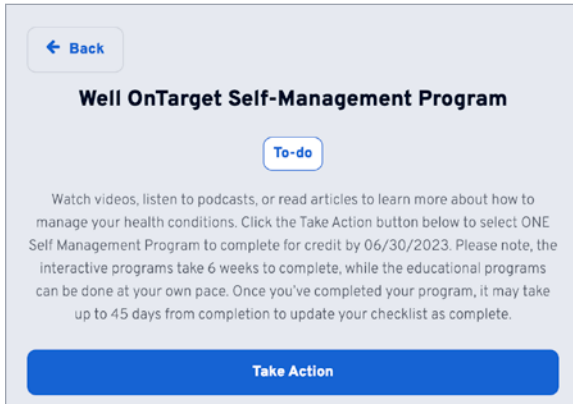
- **How to Register:** Register for MDLive by 06/30/2023 by clicking the “Take Action” button on the MDLive activity. You must enter your Legal Name and A&M-assigned employee Unique Identification Number (UIN) (alpha prefix included) exactly as they appear on your insurance card during registration (Ex. TXW000000000) **as they appear on your Blue Cross Blue Shield of Texas insurance card.**

How Long Will it Take to Receive Credit:

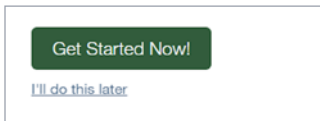
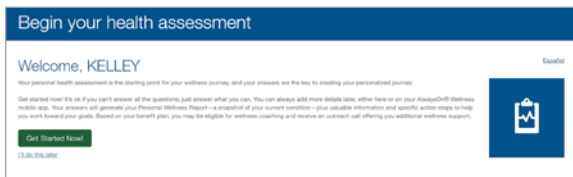
It may take up to 14 days after registering for the item to be marked as complete.

Well onTarget Self-Management Program

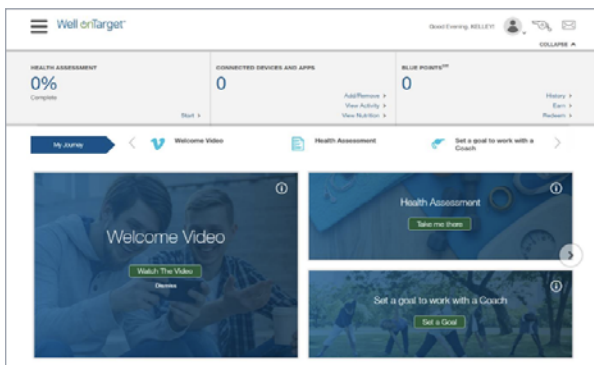
- Go to “Take Action.”



- 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

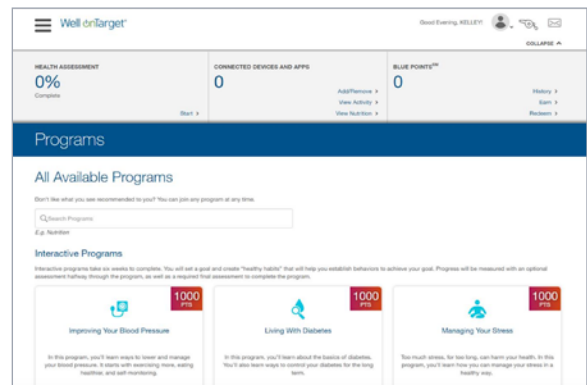


- Interactive programs take 6 weeks to complete.

- Achieving Your Healthy Weight
- Improving Your Blood Pressure
- Living With Diabetes
- Managing Your Stress
- Improving Your Sleep
- Maintaining Your Healthy Weight
- Nutrition For Better Health
- Quitting Tobacco
- Staying Tobacco Free
- Improving Your Oral Health
- Staying Financially Fit
- Enhancing Your Physical Activity

- Educational programs are do-at-your-own-pace.

- Healthy bones and joints
- Improving your Cholesterol
- Managing your Metabolic Syndrome
- Preventive Health: Reducing your risks
- Preventing Diabetes
- Living with Asthma
- Living with Chronic Obstructive Pulmonary Disease (COPD)
- Living with Congestive Heart Failure
- Living with Coronary Artery Disease
- Healthy Pregnancy (Five Programs)
- Enhancing Your Physical Activity

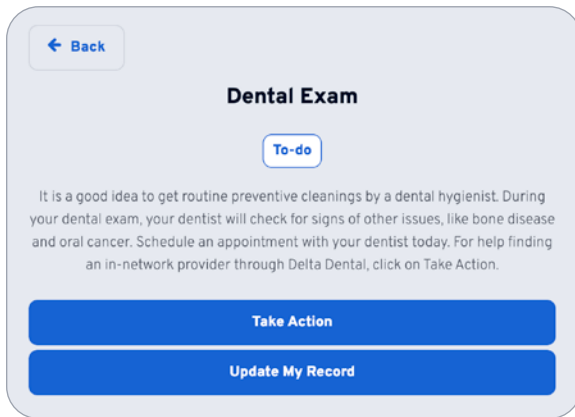


How Long Will it Take to Receive Credit

It may take up to 45 days after fully completing a program for the item to be marked as complete.

Dental Exam

- Click “**Take Action**” to find an in-network provider through Delta Dental.



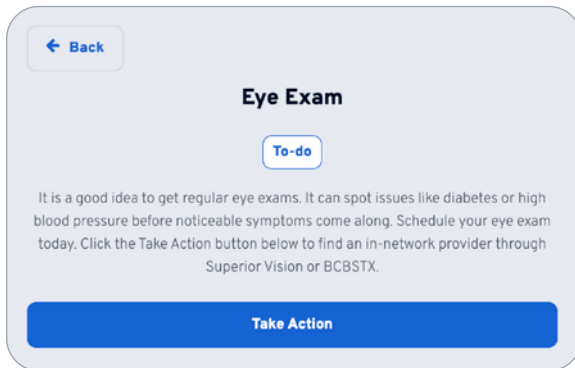
- If you received a dental exam outside of the A&M Dental PPO or Dental HMO plan, you may submit your visit information via the ‘Update My Record’ button and enter the date of your appointment.

How Long Will it Take to Receive Credit

This item will be marked complete once the dental claim has been processed by Delta Dental.

Vision Exam

- Click “**Take action**” to find an in-network provider through your A&M Care Plan with BCBSTX or Superior Vision.



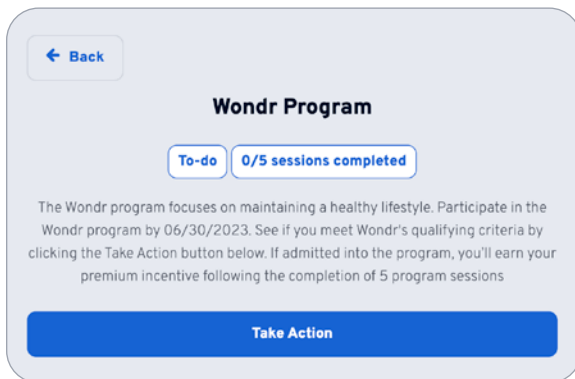
- If you received an eye exam outside of the Superior Vision plan, you may submit your visit information via the ‘**Update my Record**’ button and enter the date of your appointment.

How Long Will it Take to Receive Credit

This item will be marked complete once the claim has been processed by BCBSTX or Superior Vision. Claims processing can take up to 90 days. If you received an eye exam outside of the A&M Vision plan, you may submit your visit information via the ‘Update my Record’ button and enter the date of your appointment.

Wondr Health Program

- Click “**Take Action!**” >> If admitted into the Wondr Health program, you’ll earn credit for this checklist activity following the completion of 5 program sessions. Please note all 5 sessions must be completed within the FY2023 program year.



- **What to Expect:** The Wondr Health program focuses on maintaining a healthy lifestyle.

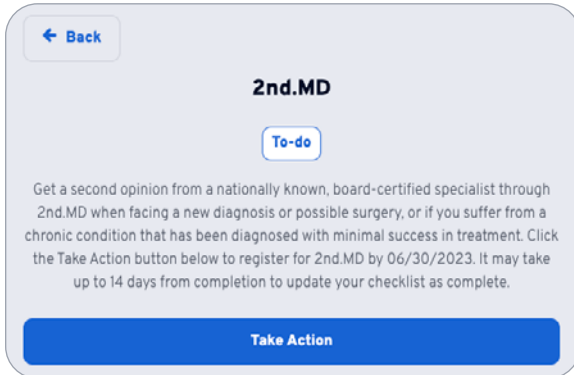
How Long Will it Take to Receive Credit:

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Evive will receive member’s completion of each session via BCBSTX medical claims. Once a member completes their 5th program session, their checklist should update within to 45-90 days.

2nd.MD

- Click “Take Action” >> Register for an account with 2nd.MD.



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.

Additional Notes

If you are currently receiving the premium credit because you successfully completed the FY2022 program, you must complete two activities in the current plan year (FY2023) to receive credit for the following plan year (FY2024).

New Hire Rules

New Hire members are not required to complete the activities to earn credits in FY2023. The A&M System will automatically grant credits for new hire members in Workday for FY2023.

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.

Exception Process

Please contact your workstation Benefits Partner and request an exception if you have an exception scenario (e.g., pregnancy, etc.) which won't allow you to complete the necessary criteria to receive the incentive.

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.