

THE TEXAS A&M UNIVERSITY SYSTEM

2024-25 Two-Step Wellness Program FAQ

The Two-Step' Wellness Program* on WebMD ONE 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, 2025 to earn the lowest premium on your medical coverage for the plan year beginning September 2025.

How does it work?

- Tasks are determined and prioritized by the United States Preventive Task Force guidelines which can be found here.
- WebMD 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 WebMD ONE portal experience.
- For questions, please call 888-321-1492 or click the "<u>Contact Us</u>" link at the bottom of the platform on any page to send a message.
- Newly enrolled employees and spouses have a grace period of the current plan year plus one additional plan 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 09/01/2024) are eligible to participate in the Two-Step Wellness Program. Graduate student employees enrolled in the Grad Plan, employees enrolled in the J 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 (09/01/2024 - 08/31/2025) will be credited through the next fiscal year (09/01/2025 - 08/31/2026).

Getting Started

 Employees can access WebMD ONE via the <u>TAMUS SSO</u>. Employees & spouses can access WebMD ONE via the <u>webpage</u> or mobile app. Click on the "Incentive" tile on the My Health home page. Next, click "Get Started" to take you to your Incentive Lobby.

2024-25 TAMUS Two-Step Wellness Program	Expires 8/31/2025
0% Completed	
	CONTINUE

2. Click on the **TAMUS Two-Step Wellness Program** tile to view your personalized checklist and complete your activities.

TAMUS Two-Step Wellness Program VIEW YOUR PERSONALIZED CHECKLIST Wellness Exam. Expires 08/31/2025	HERE and complete two (2) checklist items (in any order), one of which must be a	
 Click the carrot to the right to expand the checklist to 	REQUIRED: Step 1 Complete your Annual Wellness Exam. Click here for more details.	
view your "Step 2" options.	Step 2: Choose a Second Wellness Activity	
Click into each activity to	Earning Details	^
complete and timing for	Complete ONE of the following	
credit to appear.	PREVENTIVE CARE	nê
PREVENTIVE CARE: click	Prevention is key to monitoring your health and identifying any opportunities to change. Click here for more details.	
this tile to reach the Health Goals page for all	Take the Health Assessment Complete your Health Assessment by 06/30/2025 to receive your premium incentive for the plan year beginning 09/01/2025.	Ê
items that are included as part of your " Step 2 "	Well OnTarget Self-Management Program Watch videos, listen to podcasts, or read articles to learn more about how to manage your health conditions. Click here for more details.	V
options.	Wondr Health Program The Wondr program focuses on maintaining a healthy lifestyle. Participate in the Wondr Health Program by 06/30/2025. Click here for more details.	
	2nd.MD Registration Get a second opinion from a nationally known, board-certified specialist through 2nd.MD. Click here for more details to register.	
	Register Your Fitness Device with WebMD Registering your device is a great way to track activity! Click here to find the device options and instructions.	送

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:

- **Annual Wellness Exam** ٠
- Health Assessment ٠
- Preventive Screenings (Breast, Cervical, Colon) ٠
- **Preventive Skin Care Exam** ٠
- Flu Shot •
- **Nutritional Counseling** •
- **MDLIVE** ٠
- Well onTarget ٠
- **Dental Exam** •
- Vision Exam •
- Wondr Program •
- 2nd.MD ٠
- **Register Your Fitness Device with WebMD** ٠

Annual Wellness Exam

1. Click on REQUIRED: Step 1

REQUIRED: Step 1

Complete your Annual Wellness Exam. Click here for more details.

2. Click on **Annual Wellness Exam: REQUIRED** and the carrot to the right to see more details and how to find a provider.

Annual Wellness Exam: REQUIRED Physical Exam or Wellness Visit	Expires 08/31/2025
 Physical Exam or Wellness Visit Recommended every year for persons of all ages 	
Complete an annual wellness exam by 06/30/2025 to receive your premium incentive for the 09/01/2025. Need help finding a health care provider? Click <u>here</u> for local in-network options	plan year beginning s through BCBSTX.
Your status on this activity will update to a green checkmark upon WebMD's receipt of your c days.	laim from BCBSTX within 90
Back to My Rewards	
Please note that your treatment may vary based on your medical history, physician's advice, or health plan. Your health care provider may have other recommendations fo you.	n.

3. Complete an Annual Wellness Exam with your primary care physician by 06/30/2025.

Health Assessment

• In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.

Step 2: Choose a Second Wellness Activity

Earning Details

• Click the **Take the Health Assessment** tile and complete the questionnaire. Note, you must complete all four sections of the Health Assessment to receive credit – About You, Health Behaviors, Emotional Health, and Clinical.

Step 2: Choose a Second Wellness Activity	
Earning Details	^
TO-DO Complete ONE of the following	
Take the Health Assessment Complete your Health Assessment by 06/30/2025 to receive your premium incentive for the plan year beginning 09/01/2025.	

How long will it take to receive credit? The Health Assessment will typically show as complete on your checklist immediately after completion in the WebMD ONE system.

Preventive Screenings (Breast, Cervical, Colon)

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.

Step 2	: Choose a Second Wellness Activity	
Earning	g Details	~ ~
	Step 2: Choose a Second Wellness Activity	
	Earning Details	^
	TO-DO Complete ONE of the following	
	PREVENTIVE CARE Prevention is key to monitoring your health and identifying any opportunities to change. Click here for more details.	

Click the down carrot next to each Preventive Care option to review details on how to complete.
 If your physician has provided a clinical reason why you cannot receive a preventive screening, update your record via the Add Exam button. Complete a preventive screening by 06/30/2025.

Pre Complete Preventiv checklist	e your Annual Exam (Step 1 Required) and choose your Annual Exam (Step 1 Required) and choose we Care item (Step 2) OR choose another activity f on My Rewards. Hover over a goal to pin your fav	: a from your vorites!		5
	Active	Completed	Ended	
Ê	Annual Wellness Exam: REQUIRED Physical Exam or Wellness Visit		Expires 08/31/2025	~
Ê	PREVENTIVE CARE: Breast Cancer Screer Mammogram	ning	Expires 08/31/2025	~
Ê	PREVENTIVE CARE: Colon Cancer Screen Colorectal Cancer Screening	iing	Expires 08/31/2025	~
Ê	PREVENTIVE CARE: Dental Exam Dental Exam		Expires 08/31/2025	~
Ê	PREVENTIVE CARE: Preventive Skin Care Skin Cancer Screening	Exam	Expires 08/31/2025	~

Preventive Skin Care Exam

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.
- Click the carrot next to PREVENTIVE CARE: Preventive Skin Care Exam on the Health Goals page to find out more details on how to complete. Then, schedule an appointment with an in-network dermatologist or your personal dermatologist. Complete a preventive screening by 06/30/2025.



- It is recommended to get a **Preventive Skin Exam** once a year.
- Call to set up your **Preventive Skin 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.*



- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.
- Click the carrot next to PREVENTIVE CARE: Flu Shot on the Health Goals page to find out more details on how to complete. Then, schedule an appointment with your primary care physician or check with your campus or agency for any on-site flu clinics. Complete a preventive screening by 06/30/2025.

PREVENTIVE CARE: Flu Shot Flu Shot	Expires 08/31/2025
 Recommended every year for persons of all ages 	
You must get your covered flu shot at your <u>in-network</u> physician's office, an in-network pharmac hosted by your A&M System campus or agency. The flu shot must be submitted as a claim (BCBS update within 90 days.	cy, or an on-site flu clinic S/Express Scripts) and will
If you received a flu shot outside of the A&M Care Plan, you may submit your flu shot completion Add Exam button in the lower righthand corner.	n appointment date via the
Please note that your treatment may vary based on your medical history, physician's advice or health plan. Your health are provider may have other recommendations for	
you.	
History	~
VIEW LOG	ADD EXAM

- 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 can submit your flu shot via the Add Exam button.

Nutritional Counseling

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.
- Click the carrot next to PREVENTIVE CARE: Nutrition Counseling on the Health Goals page to find out more details on how to complete. Complete a nutritional counseling session by 06/30/2025.



- You can schedule a covered nutritional counseling session with an in-network registered dietician, or H-E-B Nutrition services. Preventive services are considered covered under the A&M Care Plan.
- To book a one-on-one dietician consultation with H-E-B Nutrition Services:
 - · Visit heb.com/wellness/nutrition-services, or
 - Call (855) 803-9355 or email nutritionservices@heb.com for more information.

MDLIVE Registration

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click **Register for MDLIVE** for details on how to register.



Register for MDLIVE	
Access care for non-emergency medical issues, 24 hours a day, seven days a week. Click here to register for MDLIVE by 06/30/2025. Registration can be completed on your smartphone or computer. It may take up to 7 days from completion to update your checklist as complete. To earn incentive credit, you must enter your name and Unique Identification Number (UIN) with the appropriate prefix exactly as they appear on your BCBSTX insurance card during registration (ex. TXW000000000).	
Back to My Rewards	
Expires 8/31/2025	

 Register for MDLIVE by 06/30/2025. You must enter your Legal Name and subscriber number (alpha prefix included) exactly as they appear on your Blue Cross and Blue Shield of Texas insurance ID card during the registration process. (Ex. TXW000000000)

How long will it take to receive credit? It may take up to 7 days after registering for the item to be marked as complete.

Well onTarget Self-Management Program

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- · Click Well onTarget Self-Management Program for details on how to register.
- Bypass the Well on Target Health Risk Assessment by clicking "Take me to my dashboard."
- Once you get to the Well onTarget dashboard, click Browse All Activities to access the menu of Self Management Programs. Complete a Well onTarget self-management program by 06/30/2025.

	Step 2: Choose a Second Wellnes	s Activity			
	Earning Details				^
	Complete ONE of the following				
	Well OnTarget Self-Managemer Watch videos, listen to podcasts, or read conditions. Click here for more details.	nt Program articles to learn more about	how to manage your health		•
Well onTarg	et"		Dashboard He	alth Assessment Blue Points	Resources v
Health Journey	In-Progress Activities	Completed Activities	Browse All Activities		
Browse A	II Activities	Challenges		Self-management Pr	
With our coaching health coach. Tal selecting from on	g program, you can work directly with a certified e your wellness journey to the next level by e of the programs below.	Keep your health goals in check	k by joining a challenge. Move More, Sit Less	You control how much and how o program. You can sign up for an program. Let's get started!	often you want to go through the interactive program or a self-study
Learn More Decrease Weigh	Improve Dietary Habits I Maintain Tobacco-Free Status	Food for Thought Snack Attack Home Cookin'	<u>Pick a Pal</u> <u>Strike a Pose</u> <u>Bring the Heat</u>	Learn More	Living With Coronary Artery Disease (CAD) Living With Diabetes

Interactive programs (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 (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)

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

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.
- Click the carrot next to **PREVENTIVE CARE: Dental Exam** on the **Health Goals** page to find out more details on how to complete. Complete a dental preventive exam by **06/30/2025**.

PREVENTIVE CARE: Dental Exam Dental Exam	Expires 08/31/2025	-
Recommended every year for persons of all ages		
t is a good idea to get routine preventive cleanings by a dental hygienist. During your dental exam, or signs of other issues, like bone disease and oral cancer. Schedule an appointment with your dent n in-network provider through Delta Dental, click <u>here</u> .	your dentist will check ist today. For help finding	
f you received a dental exam outside of the A&M Dental PPO or Dental HMO plan, you may enter y ia the Add Exam button in the lower righthand corner.	your appointment date	
Back to My Rewards		
Please note that your treatment may vary based on your medical history, physician's advice, or health plan. Your health care provider may have other recommendations for you.		
History		~

• 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 **Add Exam** button.

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

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **PREVENTIVE CARE** tile to view your personalized preventive care options.
- Click the carrot next to **PREVENTIVE CARE: Eye Exam** on the **Health Goals** page to find out more details on how to complete. Complete a preventive vision exam by **06/30/2025**.

Preventive Test And Exam - Eye Exam Vision Exam	Expires 08/31/2025	
ision Exam		
 Recommended every year for persons of all ages 		
is a good idea to get regular eye exams. It can spot issues like diabetes or high blood pressure befor me along. For help finding an in-network provider, click <u>here</u> or Superior Vision click <u>here</u> .	e noticeable symptoms	
our status on this activity will update to a green checkmark upon WebMD's receipt of your claim fro ys.	m BCBSTX within 90	
you received an eye exam outside of the Superior Vision plan, you may submit the date of your appo am button in the lower righthand corner.	pintment via the Add	
ack to My Rewards		
Please note that your treatment may vary based on your medical history, physician's advice, or health plan. Your health care provider may have other recommendations for you.		
History		~
IEW LOG		ADD EXAM

• If you received an eye exam outside of the A&M Care or Superior Vision by MetLife plans, you may submit your visit information via the **Add Exam** button.

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 by MetLife. Claims processing can take up to 90 days.

Wondr Health Program

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the Wondr Health Program tile for details on how to apply.

Step 2: Choose a Second Wellness Activity	
Earning Details	~*
Complete ONE of the following	
Wondr Health Program The Wondr program focuses on maintaining a healthy lifestyle. Participate in the Wondr Health Program by 06/30/2025. Click here for more details.	

Wondr Health Program

The Wondr Health Program focuses on maintaining a healthy lifestyle. Participate in the Wondr Health Program by 06/30/2025. See if you meet Wondr's qualifying criteria by clicking **here**. If admitted into the program, you'll earn your premium incentive following the completion of 5 program sessions.

Back to My Rewards

Expires 8/31/2025

What to Expect: The Wondr Health program focuses on maintaining a healthy lifestyle. 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 FY2025 program year.

How long will it take to receive credit? WebMD will receive member's completion of each session via a file. Once a member completes their 5th program session within the same plan year, their checklist should update within to 45-90 days.



- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the 2nd.MD Registration tile for details on how to register. Complete your 2nd.MD registration by 06/30/2025.

tep 2: Choose a Second Wellness Activity	
arning Details	^
Complete ONE of the following	
2nd.MD Registration Get a second opinion from a nationally known, board-certified specialist through 2nd.MD. Click here for more details to register.	

2nd.MD Registration

Get a second opinion from a nationally known, board-certified specialist through 2nd.MD when facing a new diagnosis or possible surgery, or if you suffer from a chronic condition that has been diagnosed with minimal success in treatment. Click **here** to register for 2nd.MD by 06/30/2025. It may take up to 1 week from completion to show credit for this activity.

Back to My Rewards

Expires 8/31/2025

How long will it take to receive credit? It may take up to 7 days after registering for the item to be marked as complete.

- In Step 2: Choose a Second Wellness Activity, click the carrot to the right to expand the checklist.
- Click the **Register Your Fitness Device with WebMD** tile for details on how to register.



Review the list of options and click on the device that you would like to connect.

e connected.	simply choose your derice, syne in				
health services	Wellness at Your Side	•	Apple Health	Google Fit	
	CONNECT		DETAILS		DETA
E١	BodyTrace Blood Pressure	P	BodyTrace Scale	+ fitbit Fitbit	
	CONNECT		CONNECT		CONN
GARMIN	Garmin Connect	iHealth	iHealth	OMRON Omron	
	CONNECT		CONNECT		CONN
PELAR	Polar	Q	Qardio	RunKeeper	
	CONNECT		CONNECT		CONN
POWERED BY	Strava	TOMTOM MYSPORTS	TomTom	Under Arm	our

How long will it take to receive credit? It will typically show as complete on your checklist immediately after connection is complete in the WebMD ONE system.

Important Note

If you are currently receiving the premium credit because you successfully completed the FY2024 program, you must complete two activities in the current plan year (FY2025) to receive credit for the following plan year (FY2026).

New Hire Rules

New Hire members are not required to complete the activities to earn credits in FY2025. The A&M System will automatically grant credits for new hire members in Workday for FY2025. 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 for the wellness exam if you have an exception scenario (e.g., pregnancy, etc.) which won't allow you to complete this activity to receive the incentive.

Privacy Information

- What does WebMD do with your Health Assessment data? WebMD 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 the WebMD ONE portal experience.
- How is your information protected? WebMD 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 <u>TAMUS Security & Data privacy FAQ</u> is available to TAMUS members on both the WebMD ONE portal and mobile app.