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, 2024 to earn the lowest premium on your medical coverage for the plan year beginning September 2024.

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 “Contact Us” 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 09/01/2022) 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 (09/01/2023 - 08/31/2024) will be credited through the next fiscal year (09/01/2024 - 08/31/2025).
1. Employees can access WebMD ONE via the TAMUS SSO. Employees & spouses can access WebMD ONE via the [webpage](#) or mobile app. Click on the “Incentive” tile on the My Health home page. Next, click “Continue” to take you to your Incentive Lobby.

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

3. Click the carrot to the right to expand the checklist to view your “Step 2” options. Click into each activity to learn more on how to complete and timing for credit to appear.

4. **PREVENTIVE CARE**: click this tile to reach the Health Goals Page for all preventive exams/care items that included as part of your “Step 2” options.
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:

• Annual Wellness Exam
• Health Assessment
• Preventive Screenings (Breast, Cervical, Colon)
• Preventive Skin Care Exam
• Flu Shot
• Nutritional Counseling
• MDLIVE
• Well onTarget
• Dental Exam
• Vision Exam
• Wondr Program
• 2nd.MD
• Register Your Fitness Device with WebMD
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 08/31/2024

   Physical Exam or Wellness Visit
   ● Recommended every year for persons of all ages

   Complete an annual wellness exam by 06/30/2024 to receive your premium incentive for the plan year beginning 09/01/2024. Need help finding a health care provider? Click here for local in-network options through BCBSTX.

   Your status on this activity will update to a green checkmark upon WebMD's receipt of your claim from BCBSTX within 90 days.

   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.

3. Complete an Annual Wellness Exam with your primary care physician by **06/30/2024**.

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

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.

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.

- Click the down carrot next to each Preventive Care option to review details on how to complete. Complete a preventive screening by **06/30/2024**. If your physician has provided a clinical reason why you cannot receive a preventive screening, update your record 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. Claims processing can take up to 90 days.
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. Complete a preventive screening by 06/30/2024. Then, schedule an appointment with an in-network dermatologist or your personal dermatologist.

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.

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.
• 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 **06/30/2024**.

• 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.

*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.
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 **06/30/2024**.

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**Nutritional Counseling**

Schedule a consultation to tackle your personal health goals. Complete a nutritional counseling session with a nutritionist or dietitian by 06/30/2024. For help finding an in-network provider, click [here](#).

Please note: Your status on this activity will show complete upon receipt of your claim from BCBSTX. Please allow up to 90 days from your date of service for your status to update.

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- 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/static-page/nutrition-services](http://heb.com/static-page/nutrition-services), or
  - Call (855) 481-1149 or email [nutritionservices@heb.com](mailto:nutritionservices@heb.com) for more information.

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**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.
• 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 for more information to register.

Register for MDLIVE by **06/30/2024**. 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 14 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 Well onTarget Self-Management Program for details on how to register.
• Bypass the Well onTarget Health Risk Assessment by clicking “I'll do this later.”
• 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 06/30/2024.

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.
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 **06/30/2024**.

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.
• 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 06/30/2024.

• If you received an eye exam outside of the A&M Care or Superior Vision 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. Claims processing can take up to 90 days.
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.

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 FY2024 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, 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 **06/30/2024**.

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*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.
Register Your Fitness Device with WebMD

- 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.

> 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 FY2023 program, you must complete two activities in the current plan year (FY2024) to receive credit for the following plan year (FY2025).

**New Hire Rules**
New Hire members are not required to complete the activities to earn credits in FY2024. The A&M System will automatically grant credits for new hire members in Workday for FY2024. 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 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 [TAMUS Security & Data privacy FAQ](#) is available to TAMUS members on both the WebMD ONE portal and mobile app.