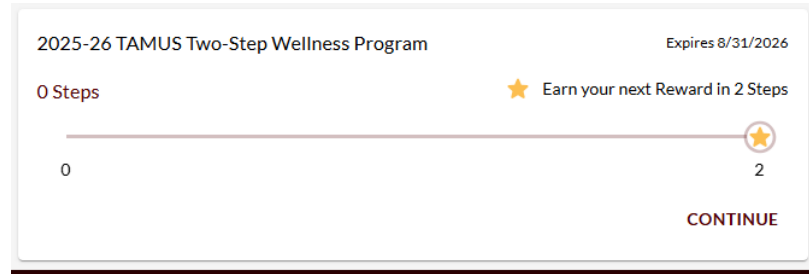


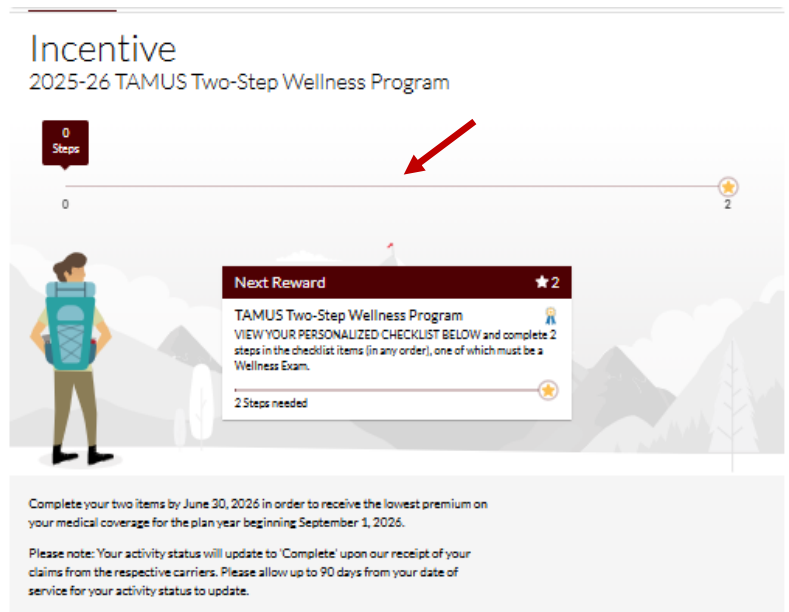
Quick Guide to Personal Checklist

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. View the **TAMUS Two-Step Wellness Program** and track your progress via the progress bar as you complete your two steps.

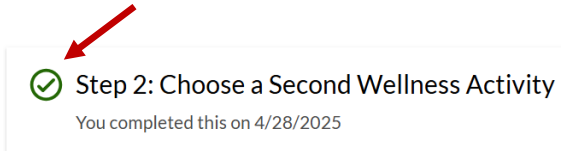
3. Click the carrot to the right to expand the checklist to view your “**Step 1**” annual exam. Click on the activity to learn more on how to complete and timing for credit to appear.



4. Click the carrot to the right to expand the checklist to view your “**Step 2**” activity options including preventive exams applicable to your gender/age and more.

Note: once an activity is complete, it will appear at the bottom with a green checkmark in the completed section.

COMPLETED



EARN STEPS

Complete the following by August 31, 2026

