



FAQ

2021 'Two-Step' Wellness Program

The 'Two-Step' Wellness Program* on MyEve can help you improve your health and wellness and save money. Complete **two** activities from your personalized checklist in the 'Two-Step' Wellness Program by **June 30, 2021**, to earn the lowest rate on your health insurance premium for the plan year beginning September 2021.

HOW DOES IT WORK?

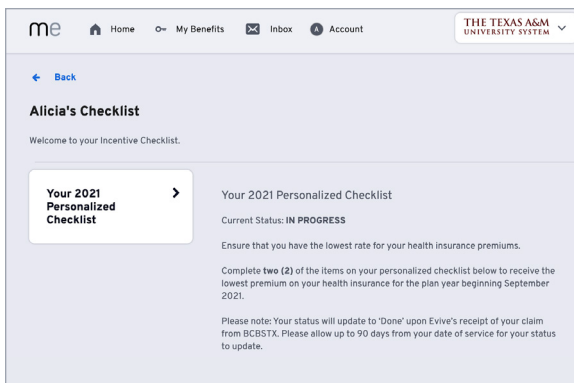
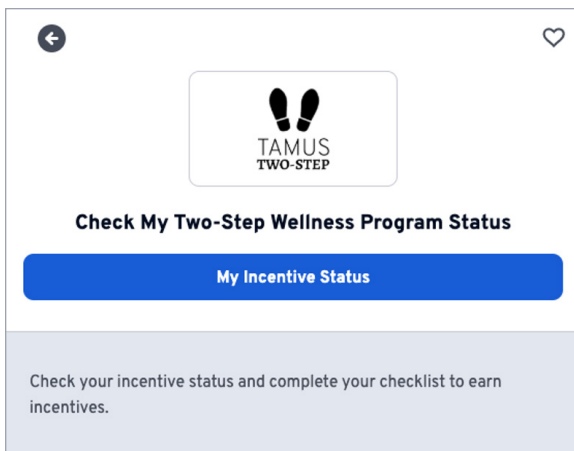
- Tasks are determined and prioritized by the United States Preventive Task Force guidelines which can be found [here](#).
- Evive does not share any of your data with Texas A&M University System. Your answers are used to recommend benefits to you, for a more personalized benefits and MyEve portal experience.
- For questions or support, please fill out the [MyEve 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 9/01/2019) 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 (9/01/2020 - 06/30/2021) will be credited in the next fiscal year (9/01/2021 - 8/31/2022).*

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 PERSONALIZED CHECKLIST ACTIVITY

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

Jump to:

[Annual Wellness Exam](#)

[Health Assessment](#)

[Preventive Screenings](#)

[Preventive Skin Care Exam](#)

[Flu Shot](#)

[Nutritional Counseling](#)


[Well onTarget](#)

[MDLive](#)

[Where to go for Care Scavenger Hunt](#)

ANNUAL WELLNESS EXAM

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



Annual Wellness Exam

Complete an annual wellness exam by 06/30/2021 to receive your premium incentive for the plan year beginning 09/01/2021. Need help finding a doctor? Click the Take Action button below for local in-network options through BCBSTX.

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!](#) TO-DO

- Complete an Annual Wellness exam by **06/30/2021**.

- **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.



Health Assessment
Complete your health assessment by 06/30/2021 to receive your premium incentive for the plan year beginning 09/01/2021.

[Take Action!](#) TO-DO

[← Back](#)

Olivia, welcome to your Health Assessment.


[Get started](#)

Tired of long, useless health assessments that never help you make meaningful choices? Short and simple, the MyEvoke Health Assessment provides you with relevant resources to help you make positive improvements to your health.

- **How Long Will it Take to Receive Credit:**
The Health Assessment will typically show as complete on your checklist immediately after completion in the MyEvoke system.

PREVENTIVE SCREENINGS (BREAST, CERVICAL, COLON)

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




Colon Cancer Screening

Call to set up a Colon Cancer Screening with your primary care physician by 06/30/2021. Colon Cancer Screenings are recommended for adults 50+. 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! TO-DO




Cervical Cancer Screening

Call to set up a Cervical Cancer Screening with your primary care physician by 06/30/2021. 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 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! TO-DO



Breast Cancer Screening

Call to set up a Breast Cancer Screening with your primary care physician by 06/30/2021. Breast Cancer Screenings are recommended for women 40+. 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 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! TO-DO

- Complete a Preventive Screening with your Primary Care Physician by **6/30/2021**
If your physician has provided a clinical reason why you cannot receive a preventive screening, update your record via the “Does Not Apply” button.

Take Action ×


Find a Provider

Does Not Apply

- 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

- Complete a Preventive Skin Care Exam with your Primary Care Physician or Dermatologist by 06/30/2021.



Preventive Skin Care Exam
Call to set up a Preventive Skin Exam with your primary care physician. 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!](#) TO-DO

- It is recommended to get a Preventive Skin Care Exam once a year.

- **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.

FLU SHOT

- Get your annual flu shot that is recommended during flu season. Visit your Primary Care Physician or or check with your campus or agency for any on-site flu clinics. *Upcoming link here.*



Flu Shot
Schedule an appointment for a Flu Shot! For help finding an in-network provider, click on Take Action.


[Take Action!](#) TO-DO

- 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.

- **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.

NUTRITIONAL COUNSELING

- H-E-B Nutrition Services offers one-on-one dietitian consultations.



Nutritional Counseling
Schedule a consultation to tackle your personal health goals. Complete a nutritional counseling session with a nutritionist or dietitian by 06/30/2021. For help finding an in-network provider, click on Take Action.

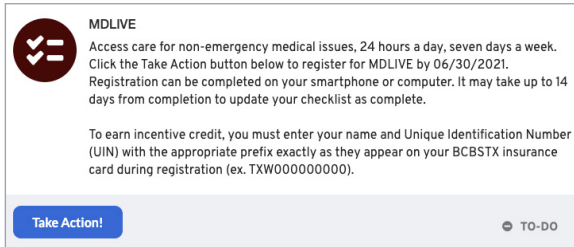
Please note: Your status will update to 'Done' upon Egive's receipt of your claim from BCBSTX. Please allow up to 90 days from your date of service for your status to update.

[Take Action!](#) TO-DO

- H-E-B is committed to helping you create healthy habits for better well-being. H-E-B Nutrition Services is here with affordable nutrition care to provide Texans with practical solutions for healthy living.
- 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:**
This item will be marked complete once the claim has been processed. Claims processing can take up to 90 days.

MDLIVE REGISTRATION



MDLIVE
Access care for non-emergency medical issues, 24 hours a day, seven days a week. Click the Take Action button below to register for MDLIVE by 06/30/2021. Registration can be completed on your smartphone or computer. It may take up to 14 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).

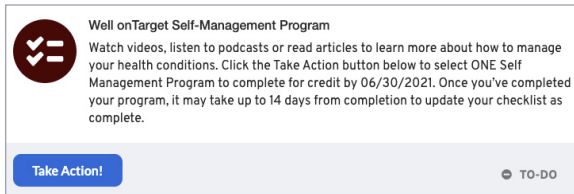
[Take Action!](#) ● TO-DO

- **How to Register:** Register for MDLive by 06/30/2021 by clicking the “Click here” 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).

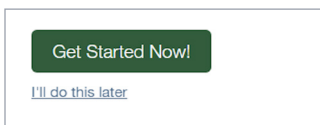
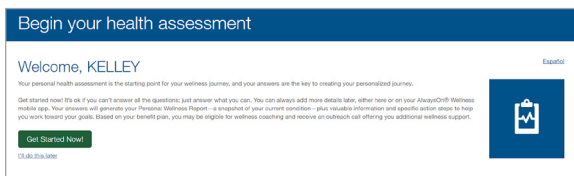
- **How Long Will it Take to Receive Credit:** It may take up to 14 days after registering for the item to be marked as complete.

WELL ONTARGET SELF-MANAGEMENT PROGRAM

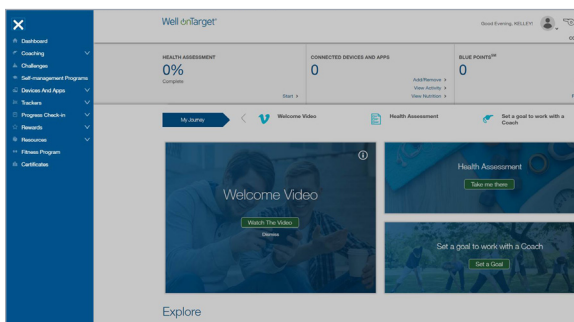
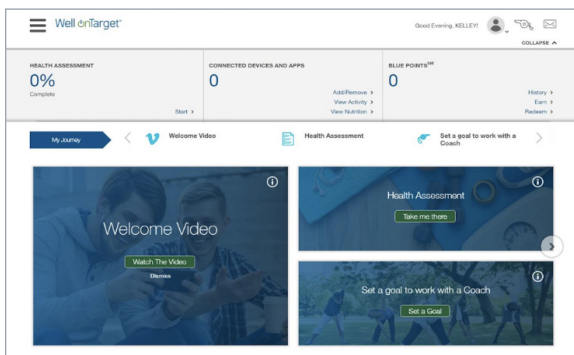
- Go to “Take Action.”



- 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.

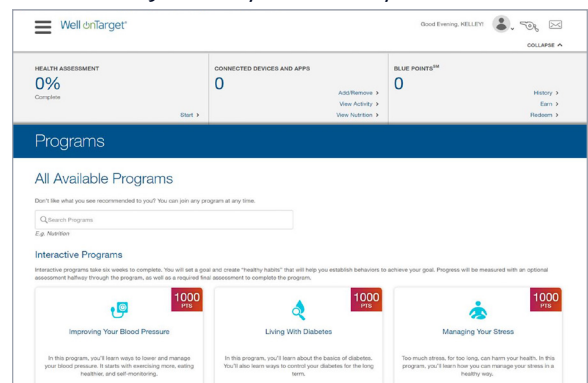


- You must complete the entire program to receive credit, **these take 6 weeks to complete.**

- 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

- In addition, these programs are a “do-at-your-own-pace” and the entire program must be completed to receive credit.

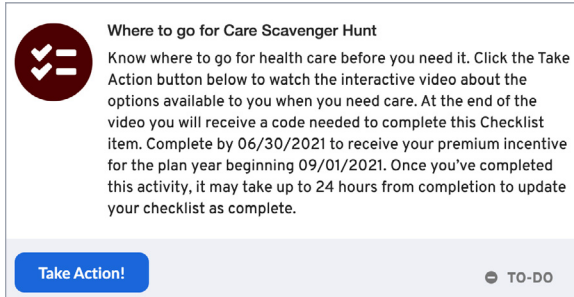
- Healthy bones and joints
- Improving your Cholesterol
- Managing your Metabolic Syndrome
- Preventive Health: Reducing your risks
- Preventing Diabetes
- Living with Asthma
- Living with Chronic Obstructive Pulmonary Disease (COPD)
- Living with Congestive Heart Failure
- Living with Coronary Artery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

WHERE TO GO FOR CARE SCAVENGER HUNT

- Go to “Take Action!”

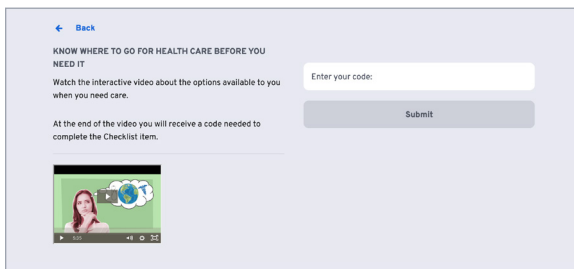


Where to go for Care Scavenger Hunt

Know where to go for health care before you need it. Click the Take Action button below to watch the interactive video about the options available to you when you need care. At the end of the video you will receive a code needed to complete this Checklist item. Complete by 06/30/2021 to receive your premium incentive for the plan year beginning 09/01/2021. Once you've completed this activity, it may take up to 24 hours from completion to update your checklist as complete.

Take Action! TO-DO

- **What to Expect:** Watch the "Where To Go For Care" video to the end. Then, enter the code that appears in the text box named 'Enter Your




[← Back](#)

KNOW WHERE TO GO FOR HEALTH CARE BEFORE YOU NEED IT

Watch the interactive video about the options available to you when you need care.

Enter your code:

At the end of the video you will receive a code needed to complete the Checklist item.



Code' and click “submit.”

- **How Long Will it Take to Receive Credit:** This item will be marked complete on your checklist within 24-48 hours after completing the activity.

ADDITIONAL NOTES

If you are currently receiving the premium credit because you successfully completed the FY2020 program, you must complete two activities in the current plan year (FY2021) to receive credit for the following plan year (FY2022).

Please note that SSN is a hard eligibility requirement for MyEvoke system access, as it serves as a unique link between eligibility, carrier, and vendor integrations. In order to have system access, a valid SSN must be passed in the eligibility file from BCBSTX to Evive.

If you/your spouse do not have a SSN, or decide to opt out from completing activities with Evive, you can complete the Well onTarget Health Assessment and your wellness exam to count for completion of the program. BCBSTX will provide the A&M System with a list of members/spouses who completed both activities, however, this manual process may take longer than 60 days to apply.

New Hire Rules

New Hire members are not required to complete the activities to earn credits in FY2021. The A&M System will automatically grant credits for new hire members in Workday for FY2021.

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 Benefit Partner and request an exception if you have an exception scenario (e.g., pregnancy, out of the country, etc.) which won't allow you to complete the necessary criteria to receive the incentive.

Select the “**Does Not Apply**” link on any of the

preventive screenings to indicate that your medical professional advised you not to complete the activity for any reason, including but not limited to frequent appointments, prior surgical procedures, or medical ineligibility.

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.