

# The TAMUS Two-Step FAQ



## **What is the TAMUS Two-Step wellness program?**

Through the Two-Step wellness program, members engage in health-promoting activities based on unique member risk and identified benefit interests via a personalized checklist.

## **Who is eligible to participate in the TAMUS Two-Step wellness program?**

Employees and covered spouses on the A&M System Care Plan. By completing the Two-Step health and wellness activities (personalized to them on their MyEve checklist), it will ensure they are receiving the lowest health premium beginning in FY2021.

## **How do members complete their activities?**

Members can start by logging on to their MyEve portal. From there, they can access their personalized Two-Step wellness checklist at the top right of their homepage. Remember, the checklist is personalized just for them based on their health and interests -- so everyone's is unique.

## **When is the TAMUS Two-Step deadline for the eligible members?**

The deadline remains the same, June 30, 2020.

## **Will there be reminders to complete new activities?**

Yes. The A&M System benefits team and Evive ensure communications are plentiful and clear for eligible members with the new details of the Two-Step program.

## **What are the activities someone could see on their MyEve checklist this year?**

*Annual Wellness Exam*

*Health Assessment*

*Breast Cancer Screening*

*Cervical Cancer Screening*

*Colon Cancer Screening*

*Naturally Slim*

*Well onTarget Self-Management Program*

*HealthQuests*

*MDLIVE Registration*

*Where to go for Care Scavenger Hunt*

## **How do members complete items on their checklist?**

Most items are automatically updated and marked complete through Evive (Annual Wellness Exam, Health Assessment, Breast Cancer Screening, Colon Cancer Screening, Naturally slim, HealthQuests, MDLIVE Registration, Where to go for Care Scavenger Hunt). Members will need to go back and mark themselves complete/done for the Well onTarget Self-Management Program once they complete their lessons. They are able to do that right in the MyEve checklist item.

## **Additional TAMUS Two-Step questions?**

We have a team of people to help you with the TAMUS Two-Step wellness program. Email [memberservices@goevive.com](mailto:memberservices@goevive.com) or call 888-208-9470, Monday - Friday 9 AM - 5 PM CST.