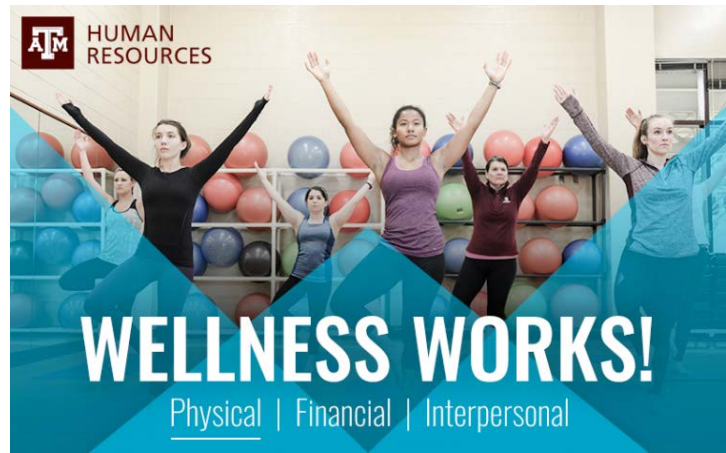


WELLNESS WORKS!

is a program designed to encourage employees to live healthier lifestyles, to support a healthy workplace and to create a culture of wellness focusing on three critical aspects of over-all health: Physical, Financial, and Interpersonal.

WELLNESS.TAMU.EDU



SAVE THE DATE:

✓ Living WELL Aware at Texas A&M

Kick start conferences on December 8 OR December 9, 2016

PHYSICAL WELLNESS RESOURCES

2nd.MD

- Free, confidential second opinions by world renown doctors
- Available to members of the A&M Care Plan
- Details at assets.system.tamus.edu/files/benefits/pdf/2ndMD_tamu_faq.pdf
- Activate account at 2nd.md/tamus

System Wellness Exam Incentive Program

- Individuals completing a wellness exam qualify for lower monthly premiums and avoid the \$30.00 monthly premium differential.
- Detailed information at employees.tamu.edu/benefits/wellness-exam

BlueCross BlueShield

- Benefit Value Advisors: 866-295-1212 Cost estimates, scheduling & preauthorization assistance
- 24/7 Nurse Line – 800-299-0274
- Blue Care Connection: 866-412-8795 Case management and health coaching
- Blue Access for Members (BAM online account) bcbstx.com
 - Sign-up for weekly health topic alerts based on preferences
 - Online Health Assessment – get \$50 deductible credit for completion each fiscal year
 - WellonTarget – courses, coaching, trackers, fitness program
 - My Health – Library of health topics, wellness guidelines, Be Smart. Be Well

On-site Fitness Sessions

- Join our free, on-campus fitness sessions led by certified instructors from Rec Sports and other local health experts offered around the noon hour, as well as at the end of the work day in an effort to provide employees with opportunities to maximize their Wellness Release Time by working out on campus.
- Offered in various locations including the MSC, GSC, PEAP, and Rec Sports pools.
- employees.tamu.edu/media/914935/FitnessCal.pdf

Wellness Councils of America Health Bulletins

- Monthly newsletters that focus on timely health information (4 bulletins per month)
- employees.tamu.edu/benefits/wellness/health-bulletins

INTERPERSONAL WELLNESS RESOURCES

Employee Assistance Program

- Free confidential counseling services for employees and their eligible dependents
- employees.tamu.edu/eap

Employee Organizational Development

- Free personal and professional development courses (online & in classroom)
- EODinfo.tamu.edu

FINANCIAL WELLNESS RESOURCES

PerksConnect

- Discounts on local wellness services such as gyms and massages
- Individual insurance plans for non-eligible dependents
- Personal identity theft benefit through Legal Shield
- Discounts on other services, insurance, businesses to allow savings to be redirected
- employees.tamu.edu/benefits/perks

Flexible Spending Account

- Allows pre-tax dollars to be used on known medical, dental, hearing or vision expenses for you and your tax eligible dependents.
- healthhub.com

Voluntary Retirement Plans

- Tax Deferred Account (TDA)
- Deferred Compensation Plan (DCP)
- employees.tamu.edu/benefits/retirement

Financial Advisors

- ORP/TDA vendors available for financial advising
tamus.edu/business/benefits-administration/retirement-programs/orptda-approved-vendors/

Online Resources:

- US Securities & Exchange Commission tools sec.gov/investor/tools.shtml
- Retirement planning: tamus.edu/business/benefits-administration/retirement-programs/general-information/retirement-planning/
- HR Connect: (sso.tamus.edu) under more tools tab
 - Net Pay Estimator
 - Maximum Contribution Limit Estimator
 - Annuity Calculator
 - Savings Calculator
 - Social Security Calculator

SUGGESTIONS

If you have any suggestions or recommendations for the Wellness Works program, please submit your feedback to wellness@tamu.edu or 979.845.7978.