BENEFITS AND WELLNESS 101

Texas A&M University Benefit Services provide comprehensive benefits information and resources to administration, faculty, staff, graduate students, retirees, eligible dependents, and survivors.

The Wellness Program, Living Well at Texas A&M, provides wellness and engagement resources and programs to full-time, benefits-eligible faculty, staff, and retirees.

CONTACT US

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INSURANCE

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Premium Sheet
A&M Plan Care Summary
Vision Plan Booklet
Dental PPO Highlights
Dental HMO Summary

RETIREMENT

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TRS & ORP Overview
Contribution Chart
TRS Handbook
ORP Vendors
ORP Fee Summary
TDA & DCP Overview

WELLNESS

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Well on Target
Wellness Release Time

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