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

Benefits/Retirement
employees.tamu.edu/benefits
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Retirees@tamu.edu

Wellness
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INSURANCE

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

RETIREMENT

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

WELLNESS

Living Well at Texas A&M
2nd MD
MD Live
WebMD One
Well onTarget
Wellness Release Time
Educational Assistance

OTHER

Leave
Employee Assistance