

HEALTH ASSESSMENT: Your Options

To receive the premium credit, you must get a wellness exam and take one of the Health Assessments offered by A&M System health partners

MyEvive

Preferred Method

- ▶ Short, 17-question, general health survey
- ▶ No numeric health data needed (BMI, Cholesterol, etc.)
- ▶ Gives you access to a variety of benefit resources available to you based on your topics of interest

Well onTarget

Alternate Method

- ▶ Long, detailed health survey pinpointing your health concerns
- ▶ Collects numeric health data for your comparison the next time you take it (BMI, Cholesterol, etc.)
- ▶ Gives you a summary of your health and improvements which can be made through the Well onTarget platform



You and your spouse can save \$30 each on your health insurance premium and learn more about the benefit package available through your employer