System Employee Benefits Advisory Committee (SEBAC) Reps FY 2020-2022

Texas A&M Representative:
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Health Science Center Representative:
Gina Greig | greig@tamhsc.edu | 979-436-0113

tamus.edu/business/benefits-administration
Pre-Retirement Counseling Workshops this Summer/Fall

**ORP Workshop**
- August 12
- September 26
- October 23
- November 14

**TRS Workshop**
- August 6
- September 19
- October 16
- November 7

[employees.tamu.edu/benefits/retirement](http://employees.tamu.edu/benefits/retirement)
Wellness Calendar of Events

- Stay current with all WELLESS WORKS! events, programs and the fitness schedule.
- Mobile-friendly, view from your cell phone or tablet.

calendar.tamu.edu/employees
All newly hired, benefits-eligible employees are encouraged to attend these workshops

**Benefits Orientation**
- July 10 & 24
- August 15 & 28

**New Employee Welcome**
- July 9
- August 14

[training.tamu.edu/schedule](training.tamu.edu/schedule)
Eat WELL, Be WELL! Nutrition Series

June 25
• Sports Nutrition

July 2
• Fad or Fact: Interpreting Diet Trends

wellnessworks.tamu.edu/upcoming-events
A&M System
"Benefit Briefs"

- Highlights important benefit changes and information about your insurance and retirement plans.

[Website Link]
tamus.edu/business/benefits-administration

[Open Enrollment 2019]
OPEN ENROLLMENT 2019
TREASURE your Health

[Website Updates]
The A&M System Benefits Administration website has gotten a face lift! Take a look at the new site and check out valuable information about your benefit plans and additional programs. Can't find something? Let us know at employeebenefits@tamu.edu. Your comments can help make our website better.

[Alternative Health Assessment (HCA)]
Blue Cross and Blue Shield of Texas (BCBS TX) offers an extended HA through Well on! as an alternative to the MySavings HA. One of the HA's must be completed to qualify for the $30 wellness premium credit. The credit is only available to employees and spouses enrolled in the A&M Care Plans, as retirees already receive the lowest premium. Log in here.

[Getting Ready for Open Enrollment: Treasure Your Health]
Open Enrollment is right around the corner and it is a great time to review your benefits. How often did you go to the dentist this past year? Are you filing maintenance prescriptions that might be cheaper through mail order? Did you get your wellness exam and take the Health Assessment? These are questions to consider when thinking about next year's benefit elections. Here are plan updates for September 1:

- The employee premium for full-time employees and retirees enrolled in the A&M Care Plans will remain the same for the fourth year in a row.
- The Graduate Student Health Plan prescription drug copays at retail pharmacies outside the Student Health Center change the phone numbers to Blue Value Advisor, Nurseline, and Provider Finder. All calls should be made to Blue Cross and Blue Shield of Texas customer service number at 1-866-265-1272.
- The new Employee Assistance Program provider will be ComPsych. Also new this fall, this benefit will be available to both employees and retirees. More information will be available in the August issue.
- The tobacco surcharge now applies to those using e-cigarettes. It previously included smoking and smokeless tobacco only.
- Express Scripts has added a program called RX Pets which provides savings on human medications that pets use. Simply go to Insurer.com and download the savings card to enjoy savings on pet medications.
• Take a Health Assessment
• Ask a Nurse Trainer, Dietitian or Life Coach
• Use the Interactive Symptom Checker
• Explore topics in the Health Information and Care Center
Two Step Wellness Premium Credit

Complete these two steps to lower the premium on your health insurance for the plan year beginning September 2019. Earn a monthly premium credit of $30.

- **Due June 30th**: Health Assessment
- **Due June 30th**: Annual Wellness Exam

[Link to more information](employees.tamu.edu/benefits/wellness/premium)
WELLNESS WORKS! Summer/Fall Events

physical
• Campus Walking / Running Resources

interpersonal
• Family Summer Activities Online Resources

financial
• Financial Counseling

wellness.tamu.edu
Open Enrollment for Benefits

July 1 - 31

• Time for employees to review their benefits and consider any changes to make for the next plan year, effective September 1 each year.
• Plan updates for September 1 listed online.

employees.tamu.edu/benefits/enrollment
Benefits Fairs for Open Enrollment

July 11 & 12

- Vendor tables 10am-3pm in GSC 101A
- Vendor presentation in GSC 101B starting at 9am

employees.tamu.edu/benefits/enrollment
MyEvive: One-Stop-Shop for Benefit Resources

- Check your current wellness premium credit status
- Access contacts and links to your health benefits and wellness resources
- Access to your out-of-pocket costs and deductible

wellnessworks.tamu.edu/physical/myevive
Workday Services

Help

• Includes release notes, commonly used reports, user guides, webinars, and more!

it.tamus.edu/workdayservices
Summer Fitness Sessions

• **WELLNESS WORKS!** partners with Rec Sports to offer FREE fitness classes for faculty and staff!

• Private classes also at Piranha Fitness Studio.

[wellness.tamu.edu]
We not only have jobs in College Station, we have job openings throughout Texas and the world!

jobs.tamu.edu
SAVE THE DATE

EMPLOYEE HEALTH & WELLNESS FAIR

Tuesday, October 1, 2019

STUDENT RECREATION CENTER
Enter Fair at Rec’s South Entrance near Olsen Field

wellness.tamu.edu