MyEvive HealthQuests FAQ

What’s a HealthQuest?
Choose a health goal, develop new habits, and track your progress over the course of 4 to 8 weeks with a HealthQuest. You’ll participate in four sessions that relay short lessons, practical tips, and encouragement to help you stay on track.

A fun and interactive way to participate and learn healthy habits with many options available such as Carb Cutters, Fruit and Veggie Crunchtime, Urge to Splurge, Coffee Time, Mind the Moment, and more!

What are HealthQuests?
A HealthQuest is an interactive program that helps users gradually change habits in pursuit of a health goal. The user chooses the goal, and a friendly digital guide will lead them on a HealthQuest peppered with fun lessons, quizzes, and flashcards.

What are the benefits of completing a HealthQuest from my MyEvive Checklist?
By completing a HealthQuest, you are one step closer to earning the lowest rate for your health insurance premium.

How can I locate HealthQuests on MyEvive?
You can access HealthQuests either through the ‘TAMUS TWO-STEP’ resource card or the HealthQuests resource card.

Will I be reminded about the HealthQuests I am currently completing?
Nudges are sent to the user via their preferred communication preference (SMS or email). By clicking the “preferences” button within HealthQuests, you can change or update your communication preference.

Where can I locate all the Quests I’ve completed?
By clicking “My HealthQuest” the user can locate all completed quests as well as quests that are in progress.

Meet a few of your friendly guides...

Brenda Breadfree
Toni Lifton
Remy Restwell