**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

**Benefits/Retirement**
- [employees.tamu.edu/benefits](employees.tamu.edu/benefits)
- [Benefits@tamu.edu](Benefits@tamu.edu)
- [Retirees@tamu.edu](Retirees@tamu.edu)

**Wellness**
- [livingwell.tamu.edu](livingwell.tamu.edu)
- [LivingWell@tamu.edu](LivingWell@tamu.edu)

### INSURANCE

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

### RETIREMENT

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

### WELLNESS

- Living Well at Texas A&M
- MyEvive
- 2nd MD
- Well on Target
- MD Live
- Wellness Release Time

### OTHER

- Leave
- Employee Assistance