



Division of Human Resources  
& Organizational Effectiveness

# 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](http://employees.tamu.edu/benefits)



Benefits@tamu.edu  
Retirees@tamu.edu

### Wellness



[livingwell.tamu.edu](http://livingwell.tamu.edu)



LivingWell@tamu.edu

## INSURANCE

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Benefits Guide >

Dental PPO Highlights >

Premium Sheet >

Dental HMO Summary >

A&M Plan Care Summary >

Vision Plan Booklet >

## RETIREMENT

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TRS & ORP Overview >

ORP Vendors >

Contribution Chart >

ORP Fee Summary >

TRS Handbook >

TDA & DCP Overview >

## WELLNESS

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Living Well at Texas A&M >

MyEvide >

2nd MD >

Well on Target >

MD Live >

Wellness Release Time >

## OTHER

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