

Additional Benefit Resources:

If you are enrolled in the A&M Health Care Plan with Blue Cross Blue Shield (BCBS), you have many resources and tools available to you and any of your covered family members. You may access the following benefits online at www.bcbstx.com.

Identity Theft Protection - Identity protection services for you and your family at no additional cost to you through Experian, an independent company. Adult members within your plan, including any dependents over the age of 18, can enroll through IdentityWorks Credit 1-Bureau for services. To sign up go to your account, login or register for Blue Access for Members and go to the Identity Protection under Quick Links (follow the steps); or go to the *Message Center* and **Create New Message**. Please include the following information in your message:

- Who you would like to enroll (you and your adult and minor dependents are eligible)
- Ages of individuals you are enrolling

Please use the subject line: Experian Activation Request

You will receive a response from a Customer Advocate with your activation code(s) and instructions on how to enroll. You will receive this response within 24 hours, Monday - Friday, or on the next business day. If you have any questions, please call BCBS directly at 866-295-1212.

Blue Value Advisors - Benefit Value advisors can help you understand your benefits, find providers that are in-network, schedule doctor visits, obtain preauthorization for certain services, and assist you with the BCBS resources.

Well on Target - Well on Target is a resource consisting of online tools and information to help you make informed health care decisions and improve your health in a variety of ways.

Blue Points - Blue Points (part of Well on Target) can help motivate you to maintain a healthy lifestyle. Earn points for engaging in daily physical activity, downloading healthy recipes, and completing other healthy tasks. Redeem points in the online shopping mall.

NurseLine - NurseLine is there 24/7 for medical advice by phone on health conditions like asthma, back pain, diabetes, dizziness, severe headaches, high fever, cuts, bruises, sore throats, and much more. You can reach the NurseLine at (800) 581-0368.

Tobacco Cessation – Program to help members with stopping tobacco products.

Special Beginnings Program - The Special Beginnings maternity program supports you from early pregnancy until six weeks after delivery.

Blue 365 Deals Member Discount Program - This is a program through BCBSTX, designed to help you save money on health care products and services such as Hearing Aids, Vision, Healthy Eating Options, Dental Products and Fitness. www.blue365deals.com/BCBSTX

Naturally Slim program On Demand - Naturally Slim is a program offered to you by your A&M System health plan which helps participants lose weight and decrease the risk factors for metabolic syndrome. It is based on behavior modification instead of dieting. https://www.naturallyslim.com/2018_Corporate_Landing?s=TAMUS

Airrosti – Airrosti focuses on accurately diagnosing the root cause of musculoskeletal pain, then fully resolving that pain as quickly as possible—often within only 3 visits. <https://www.airrosti.com/>

Preventive Health Coverage – All preventive screenings such as an annual wellness exam, well woman exam, mammogram, colonoscopy, routine vaccinations, contraceptives and many other items are covered at 100%. <http://assets.system.tamus.edu/files/benefits/pdf/programs/PreventiveHealthServicesFactSheet.pdf>

Health and Wellness Tools:

Access to MyEvive - [MyEvive](#) is a personalized benefit resource that alerts you about health and savings opportunities so you don't have to search for them yourself. This is also the system you use to see if you have met the current wellness premium incentive, access contact information and links to your health benefits and wellness resources, access to your out-of-pocket spend and deductible, upload digital insurance card, complete the health assessment and receive personalized reminders for your care. Completing your Two-Step wellness options will ensure that you have the lowest rate for health insurance premiums beginning with fiscal year 2020.

<https://sso.tamus.edu> and click on MyEvive

Emergency Care – Deciding where to go for health care in an emergency

<https://myevive.com/dv2/landing?clientname=Tamus>

2nd M.D. - Get a second opinion from a nationally known, board-certified specialist through 2nd.MD when facing a new diagnosis or possible surgery, or if you suffer from a chronic condition that has been diagnosed with minimal success in treatment. www.2nd.md/tamus

MD Live Virtual Visits – Visit a doctor, therapist or a dermatologist online at your convenience using your smart phone, tablet or computer with 24-7 access. <https://www.mdlive.com/>

Employee Assistance Program – EAP is a continuum of employee assistance, work-life, behavioral health and wellness services which help improve their behavioral and physical health and address personal, family and life issues. To access benefits go to <http://www.guidanceresources.com> using Web ID: TAMUS or call 1-866-301-9623.

For more information on all of the noted above plans and how to utilize these opportunities please visit the links provided or <https://www.tamus.edu/business/benefits-administration/health/>.