As part of the Chancellor’s Wellness Initiative, The Texas A&M University System is taking a more active role in the health of our employees.

By completing a Physical Exam each year, you are eligible for the lowest insurance premium possible.

Physical exams must be completed by June 30th to be eligible. You can use any doctor in the provider network.

This is an annual requirement and applies to you and your spouse, if he/she is covered under your health plan.

To verify your exam has been recorded by BlueCross BlueShield:

1. Go to the Blue Cross Blue Shield website at BCBSTX.com
2. Go to the tab on the far right labeled Blue Access.
3. Log In or create an account to access your Members account.
4. Click on the (blue) My Coverage tab near the top of the page
5. In the (gray) My Coverage box in the upper left corner, click on Incentives (last link in the box)
6. In the center of the page, click on Visit Site, (in blue).
7. Hover over the (blue) My Activities bar at the top of the page and click on “Completed Activities”.
8. “Annual Physical Completion” refers to the completion of your physical exam.
9. A completed, verified exam will show the following:
   - Activity: Annual Physical Completion
   - Date: (date of your exam)
   - Incentive Amount: $30

For more information on the Wellness Initiative, visit www.tamus.edu/business/benefits-administration/wellness