

Support for a healthier you!

Well onTarget offers many resources as you work toward your wellness goals.

Well onTarget Member Wellness Portal

The member portal links you to a suite of innovative programs and tools. To get started, log in to wellontarget.com.

- **Health Assessment (HA)**
The HA features adaptable questions to learn more about you. After you take the HA, you will get a personal wellness report.
- **Blue PointsSM Program¹**
Earn points by taking part in wellness activities. Points can be redeemed in the online shopping mall for a large selection of rewards.
- **Self-directed Courses**
Online courses let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, weight management, tobacco cessation and stress.
- **Fitness Device Tracking**
Score daily Blue Points for tracking your fitness activity using popular fitness devices and mobile apps.

Fitness Program²

The flexible Fitness Program gives you access to a network of more than 9,000 participating fitness centers. You can find a location that's best for you, whether it's close to home or near your work. The program is open to all members age 18 and over.

Fitness Program members enjoy:

- Month-to-month membership with no long-term contract required
- Automatic withdrawal of \$25³ monthly payment per member
- Online tools for finding fitness centers and tracking visits
- Access to discounts through a nationwide Complementary and Alternative Medicine (CAM) network
- 2,500 Blue Points for joining the Fitness Program and additional points for making weekly fitness center visits.

Call 888-762-BLUE (2583) to sign up for the Fitness Program today.

Lifestyle Management Programs

Tobacco Cessation & Weight Management

As part of the Blue Care Connection^{®4} program, lifestyle management coaching can help you achieve your goals. A personal coach will help you create an action plan and keep you motivated. Sign up by calling the toll-free number on the back of your ID card.

¹ Please review the Blue Points Program Rules listed on the Well onTarget Member Wellness Portal for complete information on the program. Program Rules are subject to change without prior notice.

² The Fitness Program is provided by Healthways, Inc., an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

³ The one-time Enrollment fee and monthly membership fee for the Fitness Program are both subject to applicable taxes.

⁴ Registered service mark of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

These programs are not a substitute for the sound medical advice of your doctor. If you have any questions or concerns regarding your medical condition or your participation in these programs, you should discuss them with your doctor.

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