

Experience Wellness Your Way- with Well onTarget

Well onTarget can give you the support you need to make healthy choices — while rewarding you for your hard work.

Member Wellness Portal

The Well onTarget Wellness Portal uses the latest technology to give you the tools you need for better health, available at wellontarget.com*. It links you to a suite of inviting programs and tools. Your wellness journey begins with a suggested list of activities based on the information you provided in the Health Assessment.**

- **Health Assessment (HA):** The HA presents a series of questions to learn more about you. After you take the HA, you will get a personal and confidential wellness report. The report offers you tips for living your healthiest life. Your answers will help tailor the Well onTarget portal with the programs that may help you reach your goals. If you choose, you can share this report with your health care provider.
- **Self-Management Programs:** These programs let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, losing weight, quitting smoking, managing stress and more. Track your progress as you make your way through each lesson. Reach your milestones and earn Blue Points.**

Easy to Learn

Interactive and educational programs are developed in an easy-to-learn format. Content addresses topics that are preventive in nature and based on recommendations from the Centers for Disease Control and Prevention; Academy of Nutrition and Dietetics; National Heart, Lung, and Blood Institute's Obesity Education Initiative and Physical Activity Guidelines put forth by the U.S. Department of Health and Human Services. A certificate of completion is available upon successful completion of any program.

How to Access the Portal

Use your Blue Access for MembersSM (BAMSM) account:

- Log in to BAM at bcbsil.com/members. If this is your first time logging in, you will need to register your account. Click [Create an Account](#) on the login screen.
- Once you are in BAM, click on the [Wellness tab](#). Then click on Visit Well onTarget and you will be taken to the Well onTarget portal.
- You can also use the Well onTarget mobile app, AlwaysOn
- If you have any questions about Well onTarget, call Customer Service at [877-806-9380](tel:877-806-9380).

Now you have a step-by-step plan to guide you on the way to living your best life.

The suite of programs and tools include:

- **Digital Self-management Programs:** Learn about nutrition, fitness, weight loss, quitting smoking, managing stress and more!
- **Health and Wellness Library:** The health library has useful articles, podcasts and videos on health topics that are important to you.
- **Blue PointsSM Program:**** Earn points for wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- **Tools and Trackers:** These interactive resources help keep you on track while making wellness fun.
- **Health Assessment:** Answer some questions to learn more about your health and receive a personal wellness report.
- **Fitness and Nutrition Tracking:** Get Blue Points for tracking activity with popular devices and mobile apps.
- **Personal Challenges:** Join a personal challenge to help you reach your goals. There are over 30 challenges, so you can choose the best one to fit your wellness journey. Topics include stress, sleep, physical activity and more!

Digital Self-Management Programs

Some programs are interactive and you can create daily habits to track as part of the program. Midpoint and final assessments to check the effectiveness of the daily habits may help you progress toward your goals. Other programs are educational, with information about symptoms, causes, available treatment options and lifestyle changes. Each day you'll find an additional resource such as a video, article, podcast or links to external communities and resources.

Interactive Programs (Six weeks)

- Managing Your Stress
- Quitting Tobacco
- Achieving Your Healthy Weight
- Maintaining Your Healthy Weight
- Nutrition For Better Health
- Enhancing Your Physical Activity
- Improving Your Blood Pressure
- Improving Your Oral Health
- Improving Your Sleep
- Living With Diabetes
- Staying Tobacco Free
- Financially Fit

Educational Programs (Six lessons in each program)

- Healthy Bones and Joints
- Improving Your Cholesterol
- Managing Your Metabolic Syndrome
- Preventive Health: Reducing Your Risks
- Preventing Diabetes
- Living With Asthma
- Living With Chronic Obstructive Pulmonary Disease (COPD)
- Living With Congestive Heart Failure (CHF)
- Living With Coronary Artery Disease (CAD)
- Healthy Pregnancy (Five Programs)

Take Wellness on the Go

The mobile app is available for iPhone[®] and Android[™] smartphones. It can help you regularly connect with your wellness program, work on goals and stay inspired — anytime and anywhere. Visit the app stores to download the app.

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* Well onTarget is a voluntary wellness program available to all employees. Members can use their Blue Access for Members credentials to access the wellontarget.com site.

**Completion of the Health Assessment is not required for participation in the program.

***Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

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