

A New Way to Experience Wellness

Well onTarget offers personalized tools and resources to help you — no matter where you may be on the path to health and wellness.

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

MEMBER WELLNESS PORTAL

The heart of Well onTarget is the member portal, available at wellontarget.com. It uses the latest technology to offer you an enhanced online experience. This engaging portal links you to a suite of innovative programs and tools.

- **Digital self-management courses:** These courses let you work at your own pace to reach your health goals. Learn more about stress management, tobacco cessation, sleep health, metabolic syndrome, diabetes management and more. Track your progress as you make your way through each lesson. Reach your milestones and earn Blue PointsSM.
- **Health and wellness content:** The health library teaches and empowers through evidence-based, reader-friendly articles and short educational videos.
- **Tools and trackers:** Use symptom and health trackers to help keep you on course while making wellness fun.

Start experiencing the new wellness portal today. Go to wellontarget.com.



WELLNESS COACHING

Certified health coaches offer you guidance on Stress Management, Improving Fitness, Improving Nutrition, Tobacco Cessation, Tobacco-Free Maintenance, Improving Blood Pressure, Improving Cholesterol, Weight Reduction, and Maintaining Weight. You can interact with your coach by phone or via secure messages through the portal.

HEALTH ASSESSMENT (HA)

The HA uses adaptable questions to learn more about you. After you take the HA, you will get a personal wellness report. This confidential 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.¹

BLUE POINTS PROGRAM

Blue Points can help motivate you to maintain a healthy lifestyle. Earn points for participating in wellness activities. You can redeem points in the online shopping mall. The program gives you points instantly, so you can use them right away. If you want a larger reward, you can purchase additional points when you check out.²

FITNESS PROGRAM³

Fitness can be easy, fun and affordable. The Fitness Program is a flexible membership program that gives you unlimited access to a nationwide network of more than 10,000 locations. If you want, you can choose one gym close to home and one near work. And you can visit locations while you're on vacation or traveling for work.

Other program perks include:

- **No long-term contract:** Membership is month to month. Monthly fees are \$25 per month, per member, with a one-time enrollment fee of \$25 per member.
- **Blue Points:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits.
- **Convenient payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.
- **Web resources:** You can go online to find locations and track your visits.
- **Health and wellness discounts:** Save money through a nationwide complementary and alternative medicine network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers.

¹ Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

² Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further 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.

³ The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

It's easy to join the Fitness Program! Just call the toll-free number **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m. CT (6 a.m. and 6 p.m. MT).

FITNESS AND NUTRITION TRACKING

Track your fitness activity using popular fitness devices and mobile apps. Use your nutrition mobile app to monitor calories, carbs, fats, proteins and more.

ONLINE WELLNESS CHALLENGES

Challenge yourself to meet your wellness, stress management, physical activity, nutrition, social, sleep, weight management and tobacco-free goals. Plus, team challenges let you join forces with others to compete in monthly contests.

WELLNESS PROGRAM QUESTIONS?

Call Customer Service at **877-806-9380**.



Take Wellness on the Go

Check out the Well onTarget mobile app, AlwaysOn, available for iPhone® and Android™ smartphones. It can help you work on your health and wellness goals — anytime and anywhere.