



Blue PointsSM — Rewards for Healthy Living

Well onTarget understands how hard it can be to maintain a healthy lifestyle. Sometimes, you may need a little motivation. That's why we offer the Blue Points program.¹ This program may help you get on track — and stay on track — to reach your wellness goals.

With the Blue Points program, you can earn points for regularly participating in many different healthy activities. You can redeem these points in the online shopping mall, which offers a wide variety of merchandise.

Created with your needs in mind, the Blue Points program has many convenient, user-friendly, personalized and flexible features:

EARN POINTS INSTANTLY

The program gives you points immediately, so you can start using them right away.²

GET EXTRA POINTS

Don't have enough points yet for that reward you really want? No problem! You can apply the points you have and use a credit card to pay the remaining balance.

EASILY MANAGE YOUR POINTS

The interactive Well onTarget portal, available at wellontarget.com, uses the latest user-friendly technology. This makes it easy to find out how many points are available for you to earn. You can also track the total number of points you've earned year to date. All of your points information will appear on one screen.



CHOOSE FROM A LARGE SELECTION OF REWARDS

Redeem your points in our expansive online shopping mall. Reward categories include apparel, books, health and personal care, jewelry, electronics, music and sporting goods. You'll also find discounted items on electronics, games, luggage and other merchandise.³

PARTICIPATE IN ACTIVITIES THAT MATCH YOUR GOALS

Look how quickly your Blue Points can add up! Here are some sample activities you can complete to earn Blue Points:

ACTIVITIES	POTENTIAL BLUE POINTS AMOUNTS
Complete the health assessment every six months ⁴	2,500 points every six months
Complete a self-management program	1,000 points per quarter
Use the trackers to see your progress toward your goals	10 points, up to a maximum of 70 points per week
Enroll in the fitness program ⁵	2,500 points
Adding weekly fitness program center visits to your routine	Up to 300 points each week
Complete progress check ins	Up to 250 points per month
Connect a compatible fitness device or app to the portal	2,675 points
Track activity using a synced fitness device or app	55 points per day

¹Blue 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. The Well onTarget member rewards redemption service is provided by an independent third party.

²This does not apply to points you earn for completing Fitness Program activities.

³Member 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.

⁴Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

⁵The Fitness Program is provided by Tivity Health®, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.



Log in to wellontarget.com today to find all the interactive tools and resources you need to start earning Blue Points. Keep yourself motivated to earn more points by heading over to the online shopping mall and checking out all the rewards you can earn for adopting — and continuing — healthy habits.