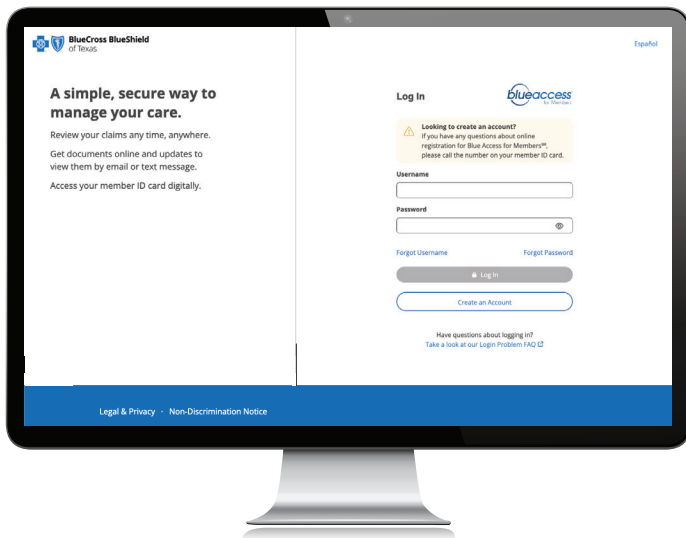


Stay Healthy with Wellness Programs

Start your wellness journey with **Well onTarget®**. Use your personalized tools and resources to help you on your path to health and wellness. Signing up is easy! After you sign up, you can take a Health Assessment, start digital programs, work with a health coach and earn wellness points to redeem for gift certificates!

Connect with Well onTarget through Blue Access for MembersSM, Well onTarget website or AlwaysOn® Wellness app:



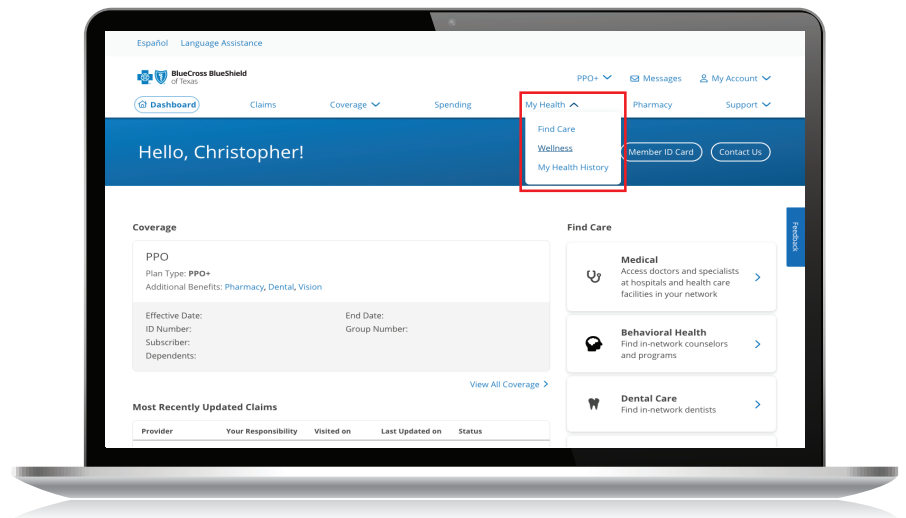
Blue Access for Members from your computer, phone or tablet.

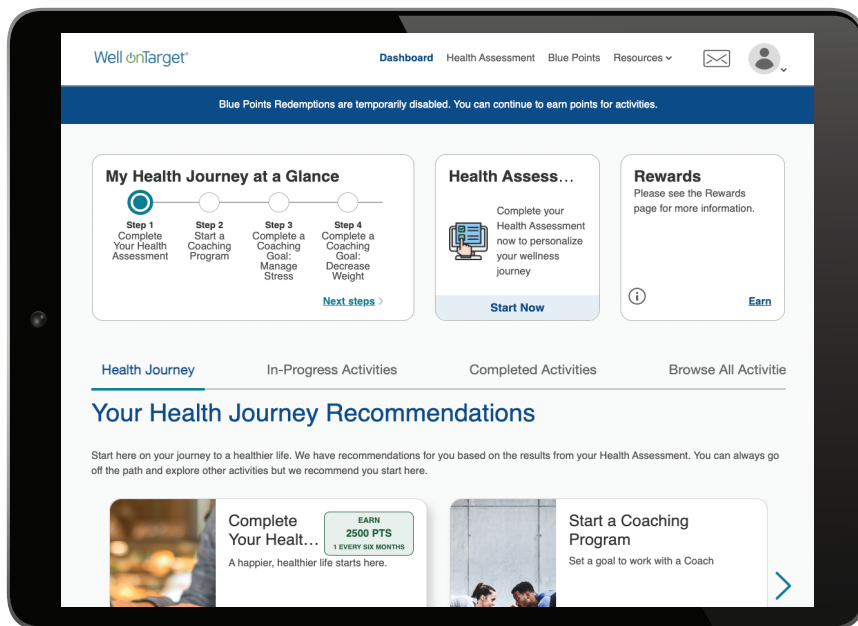
1. Go to **www.bcbstx.com/trsactivecare**.
2. Click **Log In** in the upper-right corner of the page.
3. Log in to BAMSM.



Next, use the BAM dashboard to find Well onTarget.

1. Go to the **My Health** tab.
2. Select **Wellness**.
3. Scroll to the Well onTarget tile, then select **Visit Well onTarget**.
4. You're signed in to Well onTarget!



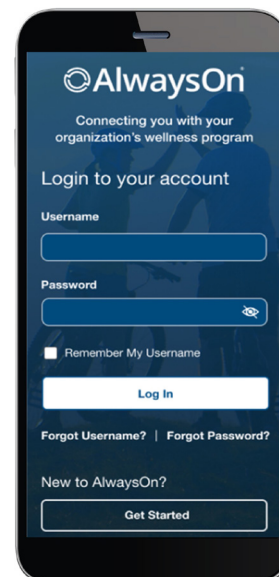


Use Well onTarget website with your phone, computer or tablet.

1. Log in to Well onTarget using your BAM username and password.
2. Start your wellness journey through the Well onTarget dashboard.

The AlwaysOn Wellness app.

1. Download the AlwaysOn Wellness app from the Apple App Store or Google Play.
2. Log in using your BAM username and password.
3. Set up a PIN or use Face I.D.
4. You're all set!



It's easy to get started.
Scan the QR code to
download the free
AlwaysOn app.



No matter how you do it, start your wellness journey today!

Blue Cross and Blue Shield of Texas makes no representation or warranty with respect to the accuracy or completeness of information on BAM. The information on BAM is based on information provided by you and claims received by BCBSTX. This information has not been independently verified.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.