

TRS-ActiveCare

LIVE  
WELL



The Well onTarget® Member Wellness Portal at [www.wellontarget.com](http://www.wellontarget.com) has tools to help you set and reach your wellness goals. The portal makes it easy to find everything you need.

### Explore Your Wellness World

Log in to find health and wellness resources, including:

- the Health Assessment
- self-management programs
- health trackers
- trusted news and health education content

### See Your Stats in a Flash

A dashboard shows all your Well onTarget programs. Compare where you are today with where you were when you started.

### Take a Snapshot of Your Health

The Health Assessment asks you questions about your health and habits to create a Personal Wellness Report.<sup>1</sup> It gives you suggestions for positive lifestyle changes and helps you decide which Well onTarget program to start first for the most benefit. You can print a Provider Report to share with your doctor.

Well onTarget®



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

## Blue Points<sup>SM</sup> Program<sup>2</sup>

Small rewards motivate you to make positive changes. To earn Blue Points for making healthy choices with Well onTarget:

- enroll in the Fitness Program or take your Health Assessment<sup>3</sup>
- achieve milestones in the self-management programs
- track your fitness activity using popular fitness devices and mobile apps

Spend your Blue Points in the online shopping mall to treat yourself!<sup>4</sup>

## Health Tools and Trackers

Track your activities and what you eat to help you reach your goals. Well onTarget lets you record your meals, exercise, sleep, health stats and more all in one place. Link your fitness devices and apps to make it even easier.

When you don't feel well, use the portal's symptom checker to help you decide if you need to see a doctor.

## Self-management Programs

Learning about weight management, nutrition, physical activity, stress management and quitting tobacco may help improve your health and wellness. Choose from two types of programs you can complete on your own time when it's convenient for you:

- interactive programs with learning activities and content that focus on changing your behavior and reinforcing healthier habits
- educational programs to help you understand symptoms, treatment options and lifestyle changes

## Get Healthier Today

You can access Well onTarget in three ways:

- Log in to Blue Access for Members<sup>SM</sup> and click on the **Wellness** tab, then **Well onTarget**.
- Log in to Well onTarget and use your Blue Access for Members username and password.
- Download the AlwaysOn<sup>®</sup> mobile app.



## Take Wellness on the Go

Download the Well onTarget AlwaysOn Wellness mobile app, available for iPhone<sup>®</sup> and Android<sup>™</sup> smartphones.

Work on your wellness goals — anytime and anywhere.

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 for more information.

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

4. 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.

The Fitness Program is provided by Tivity Health<sup>®</sup>, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.