

TRS-ActiveCare WELLNESS YOUR WAY



Experience Wellness Your Way

Well onTarget® gives you the tools and resources to create your personal journey — no matter where you are on your path to wellness.

Well onTarget gives you the support you need to make healthy choices and rewards you for your hard work.

Member Wellness Portal

The heart of Well onTarget is the member portal. It has a suite of programs and tools.

- **Health Assessment (HA)¹:** Answer questions about your health and lifestyle. Then, get a personal and confidential wellness report with suggested programs for improving your health. You can share this report with your health care provider.
- **Self-Management Programs:** 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.

Start your wellness journey today. Go to www.wellontarget.com.

Well onTarget®

*Members can use their Blue Access for MembersSM credentials to access the wellontarget.com site.



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

Your Wellness Journey, Made Simple

- **Wellness Coaching.** Get one-on-one support from a certified health coach by phone or online. Your health coach can help you set and reach your wellness goals.
- **Self-guided programs.** Work at your own pace to reach health goals like losing weight, quitting smoking, managing stress and more. Track your progress and earn Blue PointsSM.
- **Tools and trackers.** Use symptom checkers and health trackers to help keep you on track while making wellness fun.
- **Fitness Tracking.** Track your fitness activity using popular fitness devices and mobile apps.
- **Blue Points Program.** Blue Points can help motivate you to maintain a healthy lifestyle. Earn points for participating in wellness activities and redeem them in the online shopping mall.³
- **Health and wellness content.** Read articles about conditions, medicines and more.

Fitness Program

Fitness can be easy, fun and affordable. The Fitness Program gives you unlimited access to a nationwide network of more than 10,000 fitness locations you can visit while at home or traveling.

Other program perks include:

- **Studio Class Network.** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.⁴
- **No long-term contract.** Membership is month to month. Flexible plans from \$19 to \$99 per month.
- **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 withdrawal.
- **Web resources.** Go online to search for locations and track your visits.
- **Complementary and Alternative Medicine Discounts.** Save money through the Whole Health Living Choices Program, a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. Register at www.whlchoices.com.

It's easy to join the Fitness Program! Call **1-888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m.

Wellness Program Questions?

Call Customer Service at **1-877-806-9380**.



Take Wellness on the Go

Check out the AlwaysOn Wellness mobile app, available for iPhone[®] and Android[™] smartphones. It can help you work on your health and 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. Well onTarget[®] is a registered trademark of Health Care Service Corporation.

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.

3. 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.

4. Taxes apply. Individuals must be at least 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can log in and join through the primary member's account as an "additional member."

The Fitness Program is provided by Tivity Health[™] Services, LLC, an independent contractor which administers the Prime[®] Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.