

# 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](https://wellontarget.com)\*. It links you to a suite of inviting programs and tools.



- **Health Assessment (HA):** The HA presents a series of questions to learn more about you. After you take the HA, you will get a personal and confidential wellness report. The 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. If you choose, you can share this report with your health care provider.
- **Self-Management Programs:** These programs let you 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. Reach your milestones and earn Blue PointsSM.2 Start experiencing the wellness portal today. Go to [wellontarget.com](https://wellontarget.com).
- **Wellness Coaching:** Certified health coaches offer you guidance with these programs — Decrease Weight, Maintain Weight, Manage Stress, Quit Tobacco, Maintain Tobacco-Free Status, Improve Blood Pressure, Improve Cholesterol, Improve Dietary Habits and Improve Fitness Level.
- **Online Wellness Challenges:** Challenge yourself to meet your wellness goals. Plus, corporate challenges let you track your progress against other Well onTarget members.
- **Tools and trackers:** These resources can help keep you on course while making wellness fun. Use symptom checkers and health trackers.
- **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

### Number of Blue Points that can be rewarded

10 points	55 points	250 points	300 points	1,000 points	2,500 points	2,500 points	2,675 points
10 points per day, up to a maximum of <b>70 points per week</b>  Track your progress toward your goals in the Well onTarget Member Wellness Portal	<b>55 points per day</b>  Track your progress using a synced fitness device or app	<b>250 points per month</b>  Completing Any Self-management Program Progress Check-ins	Adding weekly Fitness Program gym visits to your routine and get up to <b>300 points each week</b>	Complete a Self-management Program for <b>1,000 points per quarter</b>	Complete your Health Assessment <b>2,500 points every six months</b>	Enroll in the Fitness Program for <b>2,500 points</b>	Connect a compatible fitness device to the portal