



Live Well with the Well onTarget Member Wellness Portal

The Well onTarget Member Wellness Portal at wellontarget.com provides you with tools to help you set and reach your wellness goals. The portal is user-friendly, so you can find everything you need quickly and easily.

EXPLORE YOUR WELLNESS WORLD

When you log in to your portal, you will find a wide variety of health and wellness resources, including:

- The Health Assessment (HA)
- Self-directed Courses
- Health trackers
- Trusted news and health education content

SEE YOUR STATS IN A FLASH

Everything you want to see quickly is on your dashboard. The dashboard shows all of your Well onTarget programs. You can see where you are today compared with where you were when you started. You can also read the latest health news, check your activity progress and more.

TAKE A SNAPSHOT OF YOUR HEALTH

The HA asks you questions about your health and habits. You then get a Personal Wellness Report. This report suggests ways to make positive lifestyle changes. Your report can also help you decide which Well onTarget program to start first to get the most benefit. You can even print a Provider Report to share with your doctor.



BLUE POINTSSM PROGRAM*

Small rewards might motivate you to make positive changes to meet your wellness goals. With Well onTarget, you can earn Blue Points for making healthy choices. If you enroll in the Fitness Program or take your HA, you earn points. You can also earn points when you achieve milestones in the Self-directed Courses. Redeem your Blue Points in the online shopping mall, which offers a wide variety of merchandise.

HEALTH TOOLS AND TRACKERS

Knowing what you eat and how much you work out can help you reach your goals. But keeping track of all you do can be time-consuming. To make it easy, the portal has an interactive food and exercise diary. You can record all of your nutrition and fitness information in one place. The diary will track your progress toward your goals. For example, you can list how many glasses of water you drink every day.

Other trackers let you record how much sleep you get, your stress levels, your blood pressure readings and your cholesterol levels.

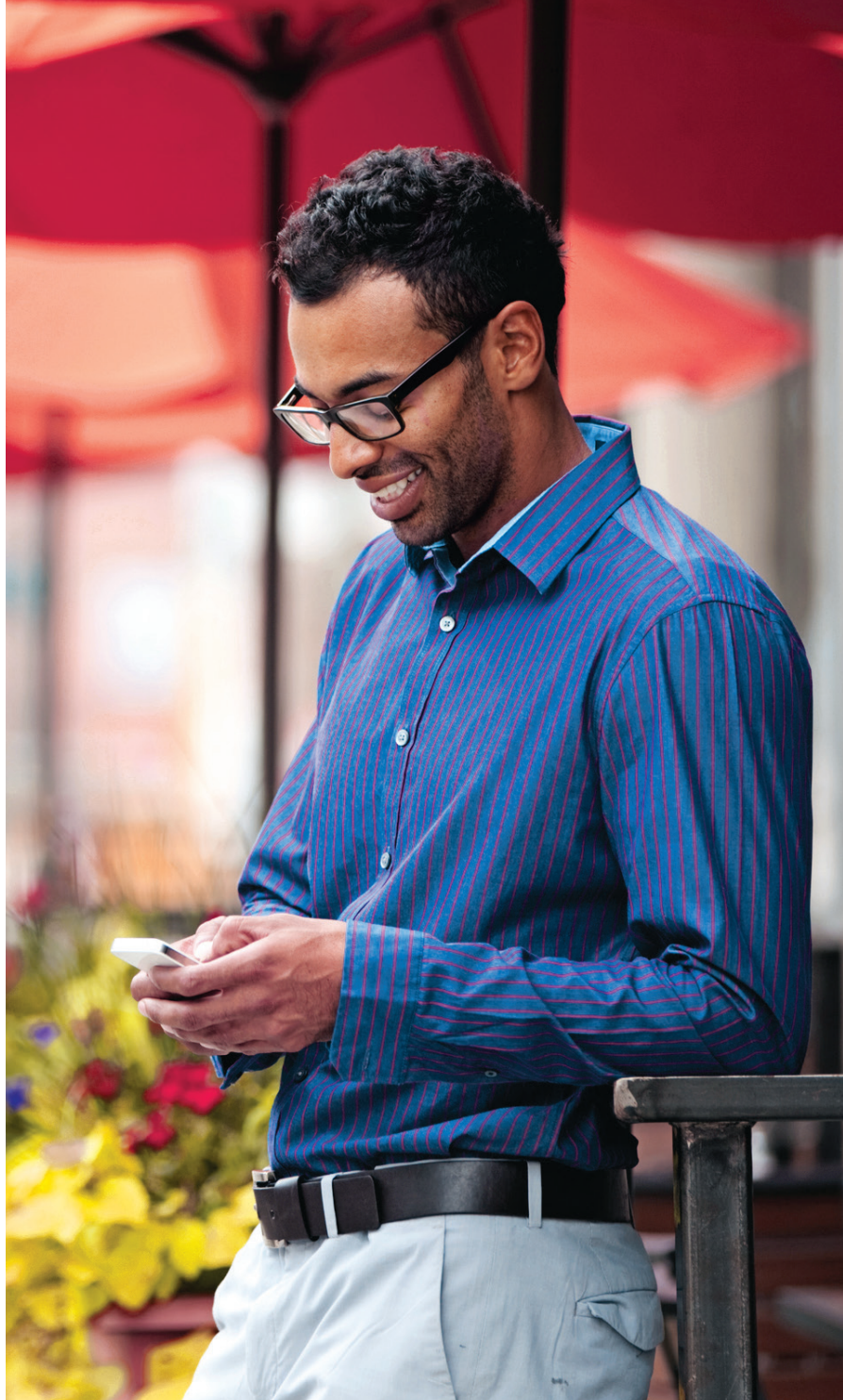
The portal also offers a symptom checker. When you don't feel well, this tool can help you decide if you should see a doctor.

SELF-DIRECTED COURSES

These 12-week courses allow you to study on your own time. Taking these courses can help you get to the next level of wellness. Course topics are nutrition, weight management, physical activity, stress management and tobacco cessation. You can enroll in up to three courses at a time.

FITNESS TRACKING

Earn Blue Points for tracking your fitness activity using popular fitness devices and mobile apps.



Take Wellness on the Go

Check out the Well onTarget mobile app, available for iPhone® and Android™ smartphones. It can help you work on your wellness goals — anytime and anywhere.

* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information.