## Well onTarget®

# Experience a New Kind of Wellness — Log In to the Well on Target Portal

Well on Target is designed to give you the support you need to make healthy lifestyle choices — and reward you for your hard work.

#### **MEMBER WELLNESS PORTAL**

The Well on Target Wellness Portal uses the latest technology to give you the tools you need for better health. Your wellness journey begins with a suggested list of activities based on the information you provided in the Health Assessment.\* Now you have a step-by-step plan to guide you on the way to living your best life. The suite of programs and tools include:

- Digital Self-management Programs: Learn about nutrition, fitness, weight loss, quitting smoking, managing stress and more!
- Health and Wellness Library: The health library has useful articles, podcasts and videos on health topics that are important to you.
- Blue Points<sup>SM</sup> Program:\*\* Earn points for wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- Tools and Trackers: These interactive resources help keep you on track while making wellness fun.
- Health Assessment: Answer some questions to learn more about your health and receive a personal wellness report.
- Fitness Tracking: Get Blue Points for tracking activity with popular fitness devices and mobile apps.
- Nutrition Help: Members can choose a nutrition app to connect and monitor their food intake via the protein and more. Apps include Fitbit, MyFitnessPal and others.

 Personal Challenges: Join a personal challenge to help you reach your goals. There are over 30 challenges, so you can choose the best one to fit your wellness journey. Topics include stress, sleep, physical activity and more!

### **HOW TO ACCESS THE PORTAL**

Use your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account:

- Log in to BAM at bcbsil.com/members. If this is your first time logging in, you will need to register your account. Click Register Now on the login screen.
- Once you are in BAM, click on the Well on Target link on the left side of the screen. You will be taken to the portal.

#### **QUESTIONS?**

If you have any questions about Well on Target, call Customer Service at 877-806-9380.

