





## Live Well with Well on Target®

The Well onTarget Member Wellness Portal at **wellontarget.com** provides you with tools to help you set and reach your wellness goals.

## **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
- Self-management programs
- Health trackers
- Trusted news and health education content
- Blue Points<sup>SM</sup> program to earn gift cards for healthy activities<sup>1</sup>

## Well **onTarget**®

## Take Wellness on the Go

Scan the QR code to check out the Well on Target Always On Wellness mobile app.









1. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well on Target Member Wellness Portal for more information.

Well on Target is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

Well on Target is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.