

WELLONTARGET

WELLNESS PROGRAM

FREE WITH **DIAMOND, PLATINUM, GOLD, SILVER & BRONZE** HEALTH PLAN OPTIONS

A NEW WAY TO EXPERIENCE WELLNESS

PARTICIPATE FOR FREE

› CALL **800.672.2567**.

HEALTH ASSESSMENT

On your first log in to BlueAccess for Members you will be asked to complete the Health Assessment or will receive reminders to complete your Health Assessment if you haven't yet done so.

- › Sometimes known as a health risk assessment.
- › Takes about **15 minutes**.
- › Uses adaptable questions to learn about your current health status.
- › Compares your health with others in your age group.
- › Identifies where you're doing well and opportunities for improvement.
- › A personal wellness report providing goals and action steps.
- › You can also compare your latest results with your previous results.
- › Completing your Health Assessment earns you **2,500** BluePoints.
- › You should plan to retake the Health Assessment every **6 months**.
- › Earning another **2,500** BluePoints in the process.
- › Understand your progress or where additional effort is needed.



PORTAL

- › After first completing certain activities, such as:
 - › Completing the Health Assessment.
 - › Having a biometric screening.
 - › Watching a video on a suggested clinical topic.
 - › Connecting a device to help track fitness.
- › Personalized portal based upon your responses.
- › Displaying relevant content and engagement opportunities.
- › Refreshes based on your interests and completed activities.

SELF-MANAGEMENT PROGRAMS

- › **26** programs to support your health journey.
- › Based on your Health Assessment responses.
- › Packed with options to help you meet your health goals.
- › Work at your own pace to reach your health goals.
- › Structured activities, clinical and behavioral information.
- › Earn BluePoints by reaching milestones.
- › Interactive Programs include:
 - › Quitting Tobacco, Weight Management & Managing Stress.
 - › Involve creating daily habits to track, with midpoint and final assessments.
- › Educational Programs include:
 - › Preventive Health & Sleep Health.
 - › Involve quizzes, podcasts and other resources embedded within a 6-lesson format.

TOOLS & TRACKERS

- › Interactive Symptom Checker.
- › Articles & Condition Management Information.
- › Track a wide range of health factors such as:
 - › Food Diary
 - › Exercise Diary
 - › Stress Levels
 - › Sleep
 - › Blood Pressure
 - › Tobacco Use

WELLNESS COACHING

Certified wellness coaches, available by phone or secure messaging, able to help with:

- › Quitting tobacco.
- › Maintaining a tobacco free status.
- › Improving physical fitness.
- › Nutrition.
- › Ideas for healthy eating.
- › Accessing a registered dietitian.
- › Managing and positively impacting blood pressure.
- › Managing and positively impacting cholesterol.
- › Designing a health and wellness plan for your fitness level, lifestyle, and goals.
- › Creative and healthy ways to combat stress.

MOBILE APP

Take wellness on the go, anytime - anywhere and:

- › Take your Health Assessment.
- › Set personal health and wellness goals.
- › Track your progress.
- › Connect with a wellness coach.
- › Track data synced from more than 80 fitness devices and apps.

BLUEPOINTS PROGRAM

- » BluePoints can help motivate you to maintain a healthy lifestyle.
- » Earn points for participating in wellness activities.
- » You can redeem points in the online shopping mall.
- » The program gives you points instantly, so you can use them right away.

FITNESS PROGRAM

- » **10,000+** fitness locations nationwide.
- » Unlimited, anytime anywhere access.
- » No annual commitment.
- » **\$25** enrollment fee.
- » **\$25** monthly access fee per member.
- » Get **2,500** BluePoints for joining.
- » Earn additional BluePoints for weekly visits.
- » Additional membership benefits include:
 - » Monthly Newsletter.
 - » Online resources to locate gyms & track visits.
 - » Discounts from a network of **40,000+** complementary & alternative medicine provider.