



# HEALTH & FITNESS PROGRAM FROM WELL ONTARGET

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

## YOUR HEALTH JOURNEY STARTS HERE



A program offering the support needed to make healthy choices. 24/7 access to a robust offering of innovative programs in seconds.

### SELF-MANAGEMENT PROGRAMS

Online and educational programs to reach health goals. Learn about ways to eat healthier, drop a few pounds, stress less, stop smoking and more.

### HEALTH & WELLNESS CONTENT

A wide variety of health conditions and medicines. The digital library satisfies curiosity with reader-friendly articles, reflecting the latest expert, evidence-based information.

### TOOLS & TRACKERS

Interactive tools help to stay on course while making wellness fun. Use health calculators along with medical and lifestyle trackers.

### HEALTH ASSESSMENT (HA)

A personalized wellness report and tips for living the healthiest life.

### COACHING PROGRAMS

A team of credentialed health experts. Coaches direct to programs and progress trackers and offer one-on-one support through secure messaging.

### FITNESS PROGRAM

A nationwide network of more than 10,000 fitness centers with options to fit any schedule and lifestyle. Month to month memberships, ranging from \$19 to \$129 per month per member, with a one-time enrollment fee of \$19.

### WELLNESS ON THE GO

The AlwaysOn mobile app provides easy access to Well onTarget anytime, anywhere.



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