



ANNUAL PHYSICAL EXAM VALIDATION PROCESS

Follow this step-by-step guide to confirm that you and/or your spouse or domestic partner have fulfilled the annual physical exam requirement.

Once you verify that the annual exam for you and/or your spouse or domestic partner is complete in Well onTarget®, no further action is required. Michaels will confirm the information, and you **will not** incur a wellness surcharge for the upcoming medical plan year.

If you need additional support, please contact a Benefits Value Advisor at **877-269-1180** (available 24/7)* or Team Member Services at **855-432-MIKE(6453)**.

Step 1. Log in to the member portal, Blue Access for MembersSM at bcbstx.com/member and then click the **Wellness** link on the top right of the screen. Once selected, click the **Visit Well onTarget** link to arrive at the Well onTarget home page.

The screenshot shows the BlueCross BlueShield of Texas member portal. At the top, there is a navigation bar with links for Dashboard, Claims, Coverage, Spending, Find Care, and Wellness (highlighted with a red box). Below the navigation bar is a blue header with the word 'Wellness'. Underneath, there are tabs for Programs, Wellness Guidelines, and Articles. The 'Programs' section is active, displaying a search bar and filter options. The 'Well onTarget' program card is highlighted with a red box, and its 'Visit Well onTarget' button is also highlighted with a red box. Other program cards include 'Digital Mental Health' and 'What kind of programs are you looking for?'.

Step 2. Select **View Rewards** within the **My Rewards** widget on the homepage.

The screenshot shows the Well onTarget homepage dashboard. At the top, there is a navigation bar with 'Dashboard', 'Health Assessment', 'Rewards', and 'Resources'. A notification icon with a red '4' and a user profile icon are also present. Below the navigation bar is a blue banner with the text: 'Get your personalized health journey recommendations by taking a 10 minute Health Assessment!'. The main content area features three widgets: 'My Health Journey at a Glance' with a progress bar showing four steps (Step 1: Get Your Personalized Recommendations, Step 2: Start a Coaching Program, Step 3: Complete a Coaching Goal: Improve Blood Pressure, Step 4: Improving Your Blood Pressure) and a 'Next steps >' link; 'Health Assessment' with a 'Start' button; and 'My Rewards' showing 'BLUE POINTSSM 2500 PTS' and 'INCENTIVES' with a 'View Rewards' button highlighted in a red box. Below these widgets are tabs for 'Health Journey', 'In-Progress Activities', 'Completed Activities', and 'Browse All Activities'. At the bottom, there is a section titled 'Your Health Journey Recommendations'.

Step 3. Click the **Rewards History** link to view your annual physical information, which should include any physical exam you received from your doctor or the Catapult Virtual Checkup[®] option.

The screenshot shows the Well onTarget Rewards History page. At the top, there is a navigation bar with 'Dashboard', 'Health Assessment', 'Rewards', and 'Resources'. A notification icon with a red '4' and a user profile icon are also present. Below the navigation bar is a teal banner with a hand holding a pen. The main content area features two widgets: 'Blue PointsSM' with a 'Redeem' button and 'CURRENT BALANCE 2500'; and 'Incentives' with a description. Below these widgets are tabs for 'Eligible Activities' and 'Rewards History', with 'Rewards History' highlighted in a red box. Below the tabs are 'Filter' and 'Export' buttons, and a search bar with the text 'Search all activities'. Below the search bar is a table of activities for 2024:

Year	Activity	Completed Date	Reward Type
2024	Annual Physical	04/12/2024	Employer Reward
2024	Annual Physical	01/12/2024	Employer Reward
2024	Annual Physical	01/02/2024	Employer Reward

To validate your spouse or your domestic partner, the participant must log in to their own BAMSM account.

* Excludes major U.S. holidays.

Catapult Health is an independently contracted provider that has contracted with Blue Cross and Blue Shield of Texas to provide health and wellness screenings for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.