



# HealthSelect<sup>®</sup> of Texas

CONSUMER DIRECTED  
**HealthSelect**<sup>SM</sup>

## OnMyWay Health Assessment



# OnMyWay Health Assessment

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- Confidential questionnaire regarding lifestyle habits
- Approximately 15 minutes to complete
- Generates personal wellness report
- Personalized recommendations and guidance
- Available in both Spanish and English

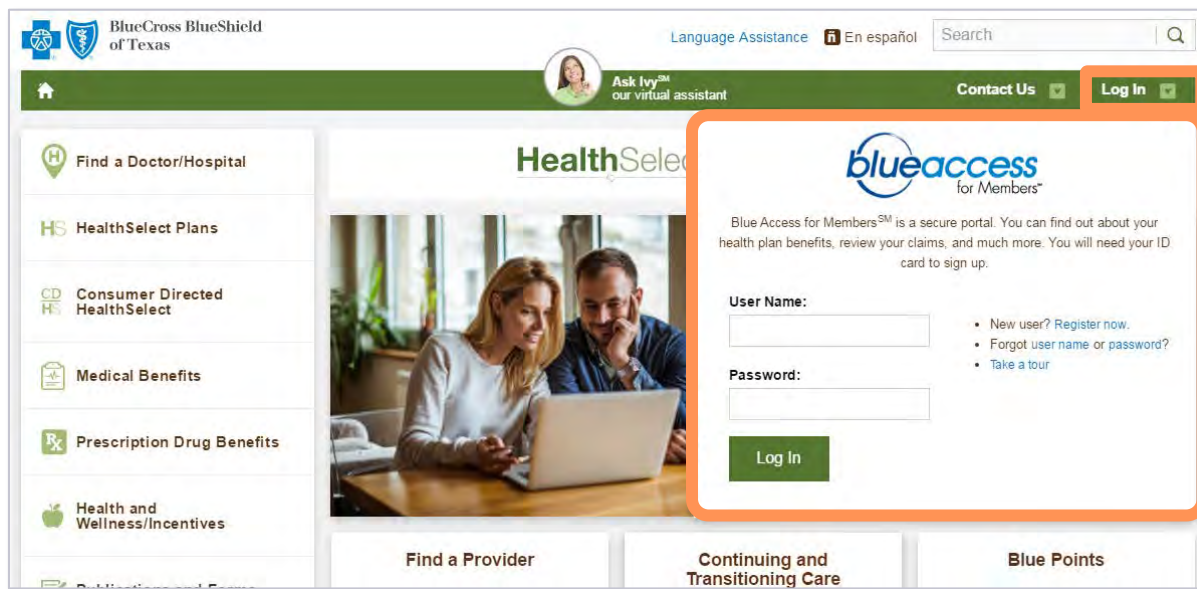


# How to Access Well onTarget®

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Access Well onTarget on a computer or through the AlwaysOn Wellness app

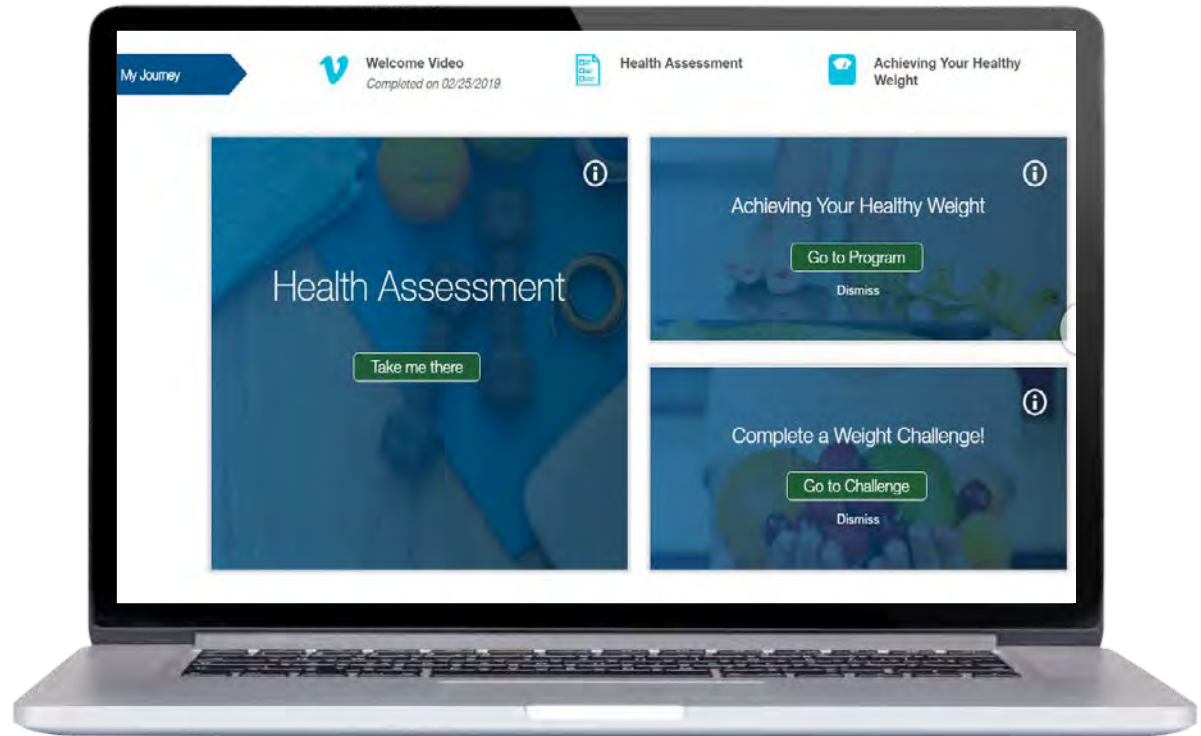
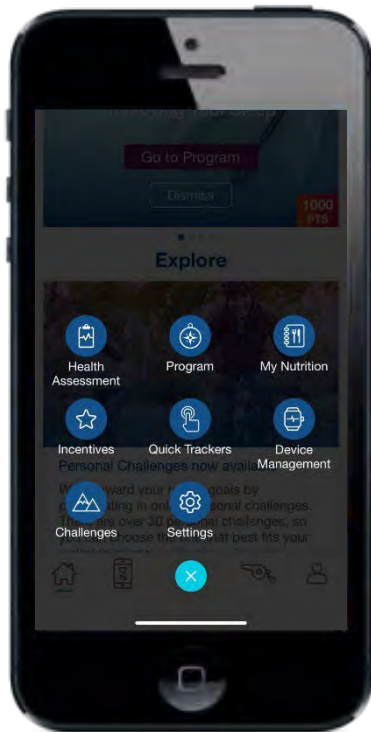


The Health Assessment is available through Well onTarget, which can be accessed through our secure participant portal, Blue Access for Members<sup>SM</sup> by visiting [www.healthselectoftexas.com](http://www.healthselectoftexas.com) and clicking "Log In" in the top right corner.

# How to Access the Health Assessment

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# Certification of Completion

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- Certificate available after completing the Health Assessment
- Receive wellness incentives for completion (if allowed by your employer)



# Earn Blue Points<sup>SM</sup>

*Instant recognition and rewards*

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## Earn 2,500 Blue Points for completing your Health Assessment (once every six months).

### Other activities that earn points:




- Self-directed courses
- Fitness Program visits
- Using online trackers
- Syncing and using a fitness device or app

#### How to Earn Blue Points<sup>SM</sup>

Earn points for doing the right things! When you take actions that have been proven to have a positive impact on health, you'll earn points. You can use your points to redeem through the shopping mall.

All Activities

Tools & Trackers

 Fitness Center Use - Visit 1	<b>100</b> POINTS 1 PER WEEK	You will earn points for your first visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 3	<b>200</b> POINTS 1 PER WEEK	You will earn points for your third visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 1	<b>2500</b> POINTS 1 PER YEAR	When you enroll into the Fitness Program, you'll earn points! For more information about program cost, fitness centers in your area and a list of frequently asked questions click on the Fitness Program link.



# Accommodations

*Visually and hearing impaired adaptation available options*

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## Well onTarget

- Health coach can assist with completing the Health Assessment
- Telephone coaching support
- Customer service for Well onTarget questions: (877) 806-9380



# Disclosures

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Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget<sup>®</sup> Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information.

The AlwaysOn App and OnMyWay are owned and operated by Onlife Health. Onlife is an independent company that provides health assessments for Blue Cross and Blue Shield of Texas.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association