

TRS-ActiveCare LIVE A HEALTHY LIFESTYLE



Are You Living a Healthy Lifestyle?

Take the Well onTarget® Health Assessment and Find Out

Well onTarget has tools and resources for your personal health care journey — no matter where you are on your path to wellness.

Start with a Health Assessment.

Answer questions about your health and lifestyle. There are nine parts that you can answer all at once or over time on your own schedule. You can take the Health Assessment twice a year to check your progress.

After you log in to **Well onTarget**, you'll be reminded to take your Health Assessment if you haven't already. You can also click **Start** in the **Health Assessment** box at the top of your dashboard.

Get feedback immediately.

Get a personal and confidential wellness report to help you learn about your good habits, strengths and health risks, with suggested programs for improving your health. You can share this report with your health care provider.

You also get helpful tips, strategies and personalized digital tools, including:

- self-management programs
- fitness and nutrition
- personal challenges
- and more!

Track your Progress.

Use the health trackers and self-progress check-in tools to help reach your personal health goals.

Well onTarget®



BlueCross BlueShield of Texas



Treat yourself.

Earn 2,500 Blue PointsSM for taking your Health Assessment. Earn more points for regularly participating in healthy activities. Use your points to redeem rewards.

Get healthier today.

There's three ways to start your journey:

- Log in to Blue Access for MembersSM and click on the **Wellness** tab, then **Well onTarget**
- Log in to **www.WellonTarget.com** and use your BAMSM username and password
- Download the AlwaysOn[®] wellness app

Questions?

Call a Personal Health Guide at **1-866-355-5999** or chat through the BCBSTX App. They're here for you 24/7.

Take Your Health Assessment on the Go

Check out the Well onTarget mobile app, AlwaysOn, available for iPhone[®] and Android[™] smartphones. Complete your Health Assessment and work on your health and wellness goals — anytime, anywhere.



¹ Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

² Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

AlwaysOn is owned and operated by Onlife Health, Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management 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.