

GET SUPPORT WITH WELLNESS COACHING



Get Personalized Wellness Coaching

through Well onTarget® and get the support you need to be your best¹.

Your Trusted Ally

A wellness coach works with you to set and reach your wellness goals. After learning about your lifestyle and habits, they'll create a plan that works for you. Your coach will motivate you with ideas and inspiration throughout your journey.

Reaching Out

Send secure messages to your coach through the Well onTarget Member Wellness Portal at www.wellontarget.com. Call the number on your portal dashboard to speak with your coach or ask for a callback. You can also contact your coach through the Well onTarget mobile app, AlwaysOn®. A wellness coach may call to welcome you to the program.

Well onTarget®



BlueCross BlueShield of Texas

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

Learn How to Reach Your Health Goals

Our coaching team includes dietitians, nurses, personal trainers and other specialists. They'll work one-on-one with you to discuss your lifestyle needs. Online trackers help guide you along the way. You can sign up for one program at a time.

Manage Stress

Learn what's causing stress in your life and find creative, healthy ways to combat it.

Improve Fitness Level

Make working out a key part of your day. Your coach can create a plan that's right for your fitness level and goals.

Improve Dietary Habits

Connect with a registered dietitian to understand your relationship with food and how to make healthy eating choices.

Lose Weight

Your coach will address behavioral or environmental factors that keep you from reaching your weight loss goals.

Maintain Weight

Your coach will teach you how to stay at your ideal weight through stress management, proper nutrition, physical activity and healthy sleep habits.

Improve Cholesterol

Being overweight, poor dietary choices and a sedentary lifestyle can contribute to high cholesterol. Your coach can help you make lasting lifestyle changes to lower your cholesterol.

Improve Blood Pressure

Coaches share how to exercise, eat right, quit tobacco and manage stress to reduce your blood pressure.

Quit Tobacco

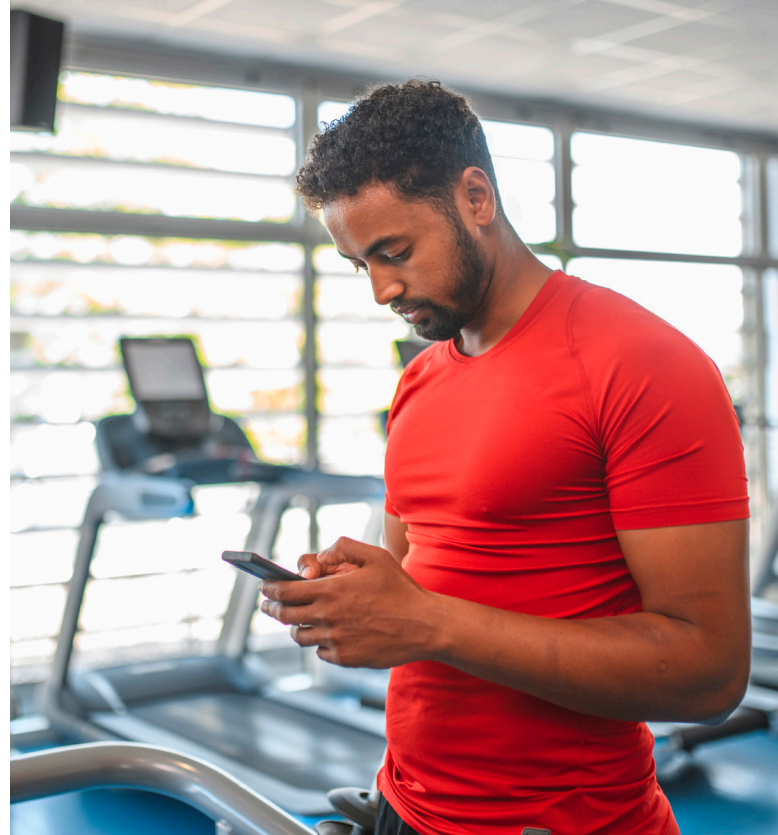
Quitting tobacco can be a challenge. This program includes a discussion with your coach about the physical and psychological factors of addiction.

Maintain Tobacco-Free Status

Staying tobacco-free is a lifetime process. Learn how to avoid triggers and use social support to ensure you stay tobacco-free.



Call a Personal Health Guide at **1-866-355-5999** to learn more about Wellness Coaching.



Prioritize your wellness.

Take the Health Assessment today to find out which program is right for you. Talk with your coach about other topics – from managing your diabetes to financial wellbeing.

¹ The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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