

Track your health trends with the Health Assessment

The Well onTarget® Health Assessment provides a snapshot of your current health. You answer a series of questions about lifestyle and health habits, and the Health Assessment helps identify what you are doing well and where there are opportunities for improvement. It also shows how you compare to others in your age group.

Your Well onTarget portal will be tailored to your specific needs based on your Health Assessment responses. You also get a Personal Wellness Report, which includes information about health risks, wellness and preventive care recommendations, suggestions for next steps and recommendations for other health and wellness resources.

Gerardo's Journey

Gerardo just had his annual wellness check-up with his primary care provider (PCP) and now has his annual screening information, including his cholesterol levels, blood pressure and weight. Having this information will help him more accurately complete his Health Assessment.

It takes about

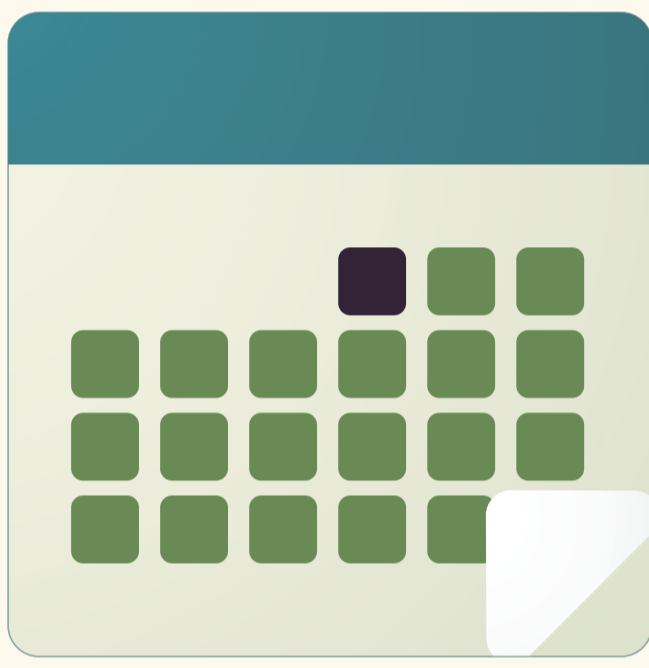
15 minutes
to complete the Health Assessment.



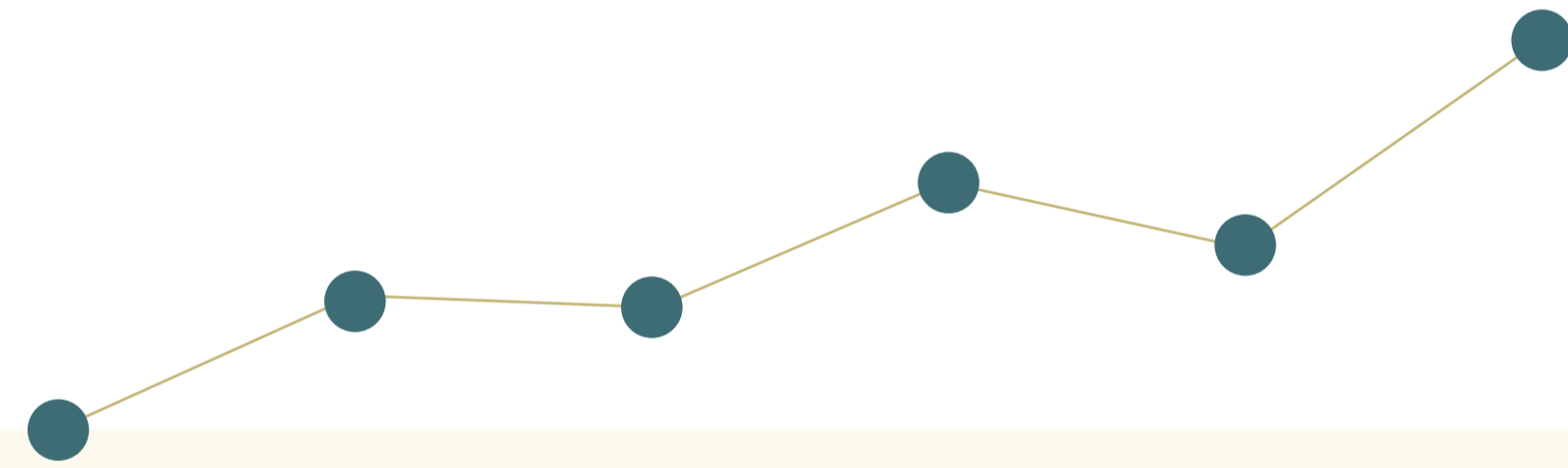
You can take your Health Assessment

2x

a year, once every six months.



Since Gerardo has completed his Health Assessment before, he's able to track the trends in his responses and see how his health has changed over time.



Through diet and exercise, Gerardo has been able to lower his blood pressure, but it's still a little high. His Well onTarget dashboard suggests the "Improving Your Blood Pressure" and "Managing Your Stress" self-management programs to help Gerardo continue to lower his blood pressure.

Earn Blue PointsSM for completing self-management programs.

26 
digital programs



2,500

Blue Points for completing the Health Assessment!



In addition to the Personal Wellness Report and recommendations, Gerardo also gets Blue Points for completing his Health Assessment. He can use up to 17,325 points each year on items including health and fitness equipment, small kitchen appliances and electronics.

Have questions about the Health Assessment or Well onTarget?

Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday, 7 a.m. - 7 p.m. and Saturday, 7 a.m. - 3 p.m. CT., or visit the Wellness Resources page on the HealthSelect of Texas® website at **www.healthselectoftexas.com**.