HealthSelect



OnMyWay Health Assessment





BlueCross BlueShield of Texas

OnMyWay Health Assessment

HealthSelect

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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

	YOUR INFO: Let's get started 75%
25	Solution State
	> 4. What is your weight? Pounds 180
	SAVE AND CONTINUE





How to Access Well onTarget®

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Access Well on Target 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[™] by visiting **www.healthselectoftexas.com** and clicking "Log In" in the top right corner.





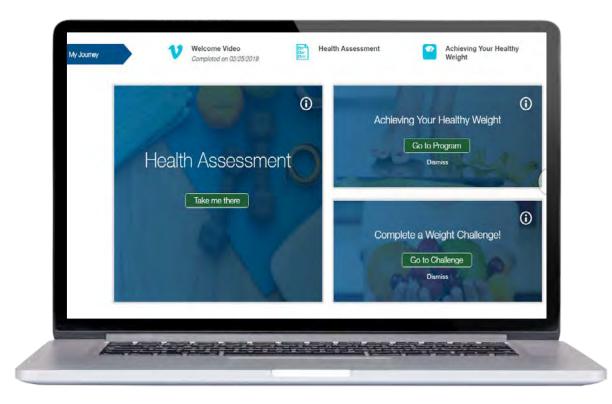
How to Access the Health Assessment

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Personal Wellness Report

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Personal Wellness Report includes:

- Health risk information
- Wellness recommendations
- Preventive care recommendations
- Suggested next steps
- Other recommended resources

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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 PointsSM

Instant recognition and rewards

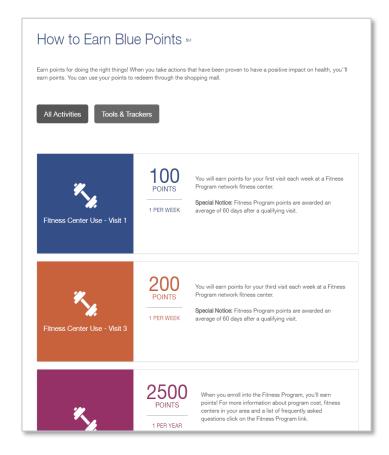
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Earn 2,500 Blue Points for completing your Health Assessment (once every six months).

Other activities that earn points:

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







Accommodations

Visually and hearing impaired adaptation available options

HealthSelect

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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[®] Member Wellness Portal at 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[®] and Consumer Directed HealthSelect[™].

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



