

GET STARTED

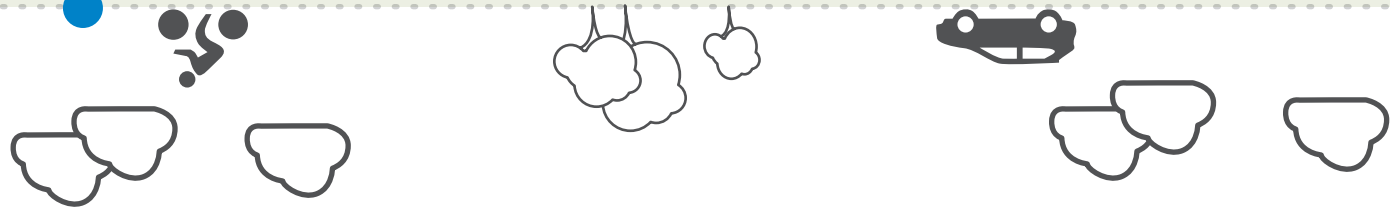
The Well

onTarget

experience

starts with your personal login.

1. Go to www.healthselectotexas.com
2. Click on "Log In" in the upper right-hand corner. If you do not have an account yet, click "Register Now" and use your medical ID card to create an account. Log in to your account.
3. Once you're logged in to Blue Access for Members, click "Well onTarget" under the Quick Links on the left.



GET COOL STUFF WITH BLUE POINTSSM

Earn points in the Well onTarget portal when you complete self-management programs, coaching and use fitness trackers.

As soon as you earn points, you can redeem them for fitness gear, wearables, camping equipment and more!

With the Blue Points program, you can earn an unlimited number of points for participating in healthy activities. You can spend up to 17,325 of those points each year.

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.



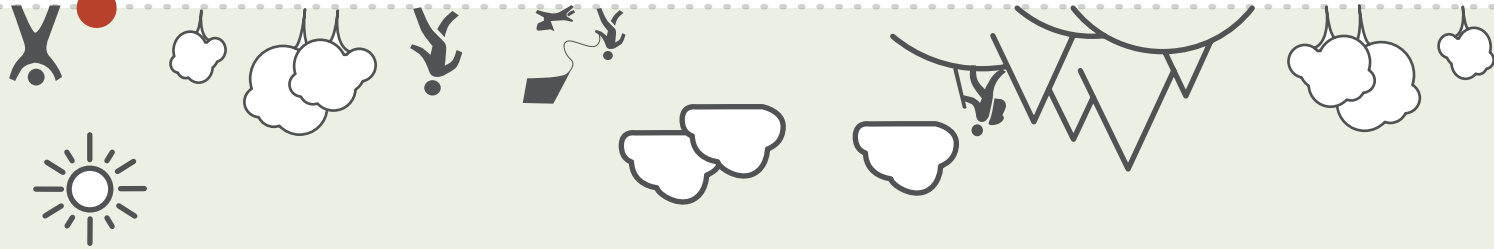
HEALTH ASSESSMENT

Get a personal wellness report when you take the **Health Assessment**. It takes about 15 minutes to answer questions online. Then, you'll get a recommendation on what your next steps should be, along with long-term goals personalized just for you.

To get started, log in to Well onTarget.

Earn Blue Points when you take the Health Assessment and download a certificate of completion.

Check with your benefits coordinator to see if your employer offers wellness incentives for completing the Health Assessment.



GET FIT

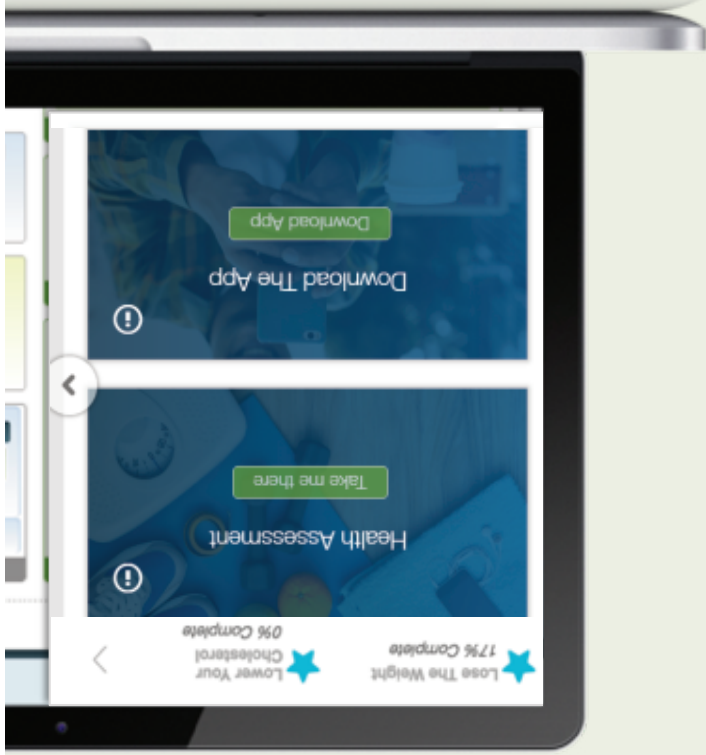
If you're looking to join a gym, the Fitness Program is a flexible membership program that gives you unlimited access to a nationwide network of more than 11,500 fitness centers.

To find participating gyms in your area, sign in to Members account or download the Well onTarget Fitness Program app.

- Membership is month to month.
 - Monthly fees range from \$19 to \$99 (plus tax)
 - per month per member based on the selected package, with a one-time enrollment fee of \$19 (plus tax) per member.
- To join, call toll-free **(888) 762-BLUE (2583) (TTY: 711)** Monday–Friday, 8 a.m. – 9 p.m. in any continental U.S. time zone.

Blue Points: Get 2,500 points for joining the Fitness Program. Visit www.healthselectotexas.com to learn more about earning Blue Points on your weekly visits to the gym.





Get started by logging in to **Blue Access for Members™** and select "Well onTarget" from "Quick Links."

- When you log in to Well onTarget, you get access to the following:**
- Health Assessment, sync fitness tracking, Blue Points rewards, self-management programs, health and wellness content, "My Journey" trackers and tools, interactive symptom checker, recommended activities.

PERSONALIZED WELLNESS

CONTACT US



WE'RE HERE TO HELP

Call

Toll-free **(800) 252-8039 (TTY: 711)**
 Monday-Friday 7 a.m. - 7 p.m. and
 Saturday 7 a.m. - 3 p.m. CT

Live chat

Available when you use the BCBSTX App or when you log in to Blue Access for Members.

Visit us

www.healthselectoftexas.com

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On The Road to Wellness

www.healthselectoftexas.com



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Take small steps that lead to lasting weight loss. This program can be tailored to your goals, preferences and lifestyle. A Transformation Coach leads the weekly online sessions. To enroll, go to healthselect.realappeal.com

Focus on changing your eating habits so you can still eat the foods you love while losing weight and improving your health. Log on when it's convenient for a series of 10 weekly sessions hosted by Naturally Slim nutrition and health specialists. To enroll, go to www.naturallyslim.com/healthselect

Eligible participants may apply to participate in either program. If you are approved to participate, HealthSelect will cover the cost. HealthSelect will not cover your participation in both programs at the same time. Acceptance in either program is not guaranteed.

Naturally Slim and Real Appeal are independent companies that contract directly with ERS. They are solely responsible for the products and services that they provide.