

Experience a New Kind of Wellness — Log In to the Well onTarget Portal

Well onTarget is designed to give you the support you need to make healthy lifestyle choices — and reward you for your hard work.

MEMBER WELLNESS PORTAL

The Well onTarget Member Wellness Portal uses the latest technology to offer you an enhanced online experience. This engaging, user-friendly portal links you to a suite of innovative programs and tools:

- **Self-directed courses:** Learn about nutrition, fitness, weight loss, quitting smoking and managing stress.
- **Health and wellness content:** The health library teaches and empowers through evidence-based, reader-friendly articles.
- **Blue Points^{SM*} program:** Earn points for participating in wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- **Tools and trackers:** These interactive resources help keep you on track while making wellness fun.
- **Health Assessment:** Answer some questions to learn more about your health and receive a personal wellness report.
- **Fitness tracking:** Get Blue Points for tracking physical activity with popular fitness devices and mobile apps.

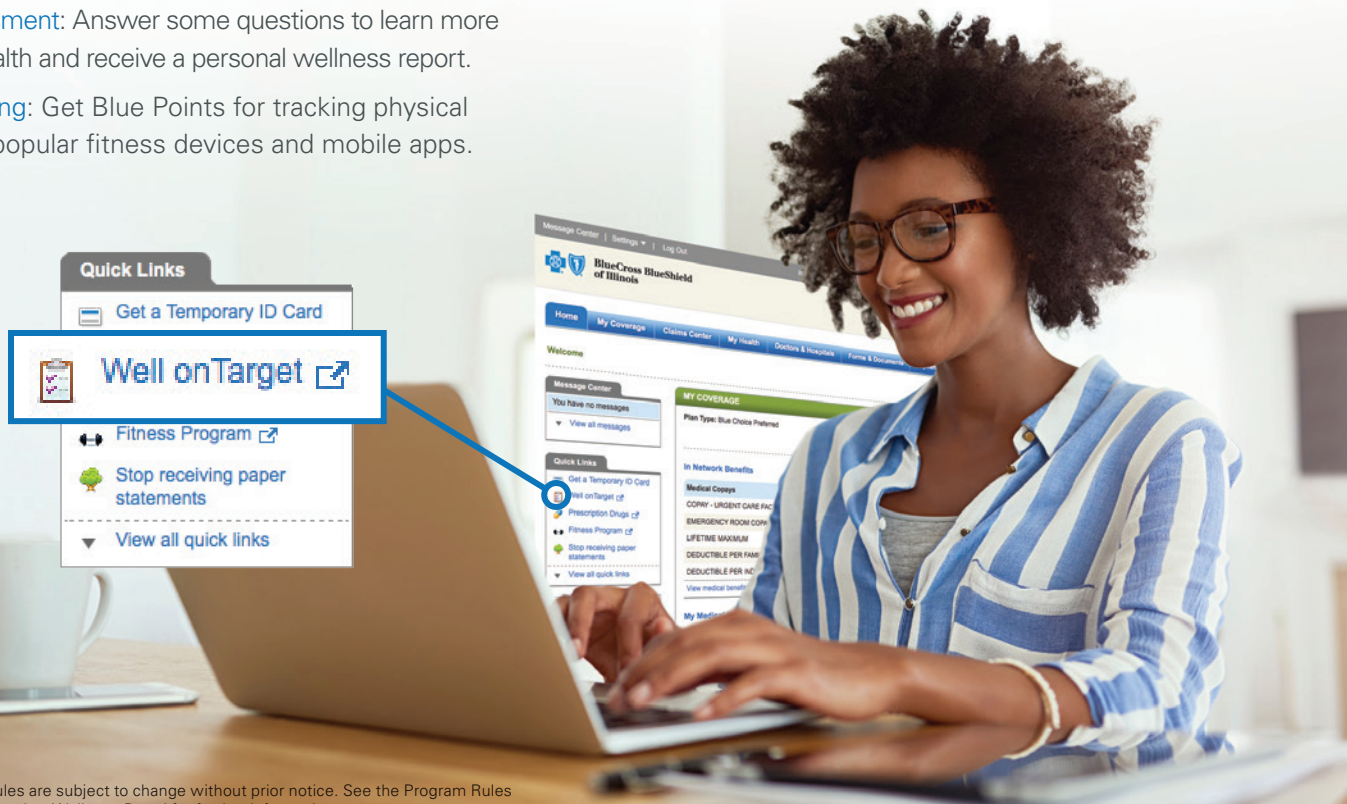
HOW TO ACCESS THE PORTAL

Use your Blue Access for MembersSM (BAMSM) account:

- Log in to BAM at bcbsil.com/members. If this is your first time logging in, you will need to register your account. Click “Register Now” on the login screen.
- Once you are in BAM, click on the “Well onTarget” link on the right side of the screen. You will be taken to the portal.

QUESTIONS?

If you have any questions about Well onTarget, call Customer Service at [877-806-9380](tel:877-806-9380). Or you can call the Internet Help Desk at [855-803-6448](tel:855-803-6448) Monday through Friday, 7 a.m. to 10 p.m., and Saturday, 7 a.m. to 3:30 p.m. (CT).



* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information.