

# Live Well with the Well onTarget Member Wellness Portal

The Well onTarget Member Wellness Portal brings you tools to help you set and reach your wellness goals. The portal is user friendly so you can find everything you need quickly and easily.

## Explore Your Wellness World

When you log on to your portal, you will find:

- onmyway™ Health Assessment
- onmytime Self-directed Courses
- Health Trackers
- Trusted news and content

## See Your Stats in a Flash!

Everything you want to see quickly is on My Dashboard. The dashboard shows all of the Well onTarget programs you are involved in. See where you are today compared to where you started. You can also get the latest health news and check your activity progress.

## onmyway Health Assessment

The Health Assessment asks you questions about your health and habits. You then get a Personal Wellness Report. The report shows you how you might make positive lifestyle changes. Your Personal Wellness Report can tell you which program to start first to get the most benefit. You can also print a Provider Report to share with your doctor.



The Well onTarget Member Wellness Portal, available at [wellontarget.com](http://wellontarget.com), offers you the tools and resources you need to reach your wellness goals.

[wellontarget.com](http://wellontarget.com)

## Blue Points\* Program

Small rewards can help you to make changes to meet your goals. With Well onTarget, you can earn Blue Points for making healthy choices. If you enroll in the Fitness Program or take your Health Assessment, you earn points. You can also earn points when you achieve milestones in the Self-directed Courses. Redeem your Blue Points for a large selection of rewards in the online Shopping Mall.

## Health Tools and Trackers

Tracking what you eat and how much you work out each day can help you reach your goals. But keeping track of all that you do can be time-consuming. To make it easy, the Well onTarget portal has an interactive Food and Exercise Diary. You can track all your nutrition and fitness data in one place. The diary will track your progress toward your goals. You can record how many glasses of water you drink. An online pedometer measures the steps you take.

Other health trackers are sleep, stress, blood pressure and cholesterol.

The portal also offers a Symptom Checker. When you don't feel well, this feature can help you decide if you should see a doctor.

## onmytime Self-directed Courses

These 12-week courses allow you to study on your own time. Taking these courses helps you get to the next level of wellness. Course topics are nutrition, weight management, physical activity, stress management and tobacco cessation. You can enroll in up to three Self-directed Courses at a time.

Through the "Progress Check-In" feature on the Dashboard, you can fill out Milestone Assessments. This feature will help check your progress in each course you've joined. You can then view a personalized report with actionable recommendations.

## Fitness Tracking

Earn Blue Points for tracking your fitness activity using popular fitness devices and mobile apps.



Your Well onTarget Member Wellness Portal experience is personalized for you based on your answers to the Health Assessment.

[wellontarget.com](https://wellontarget.com)

\*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. Your company may have additional reward programs in place to encourage you to take advantage of certain preventive care and wellness activities or for making healthy changes. Check your employee benefits.