

# 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<sup>SM\*</sup> 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.

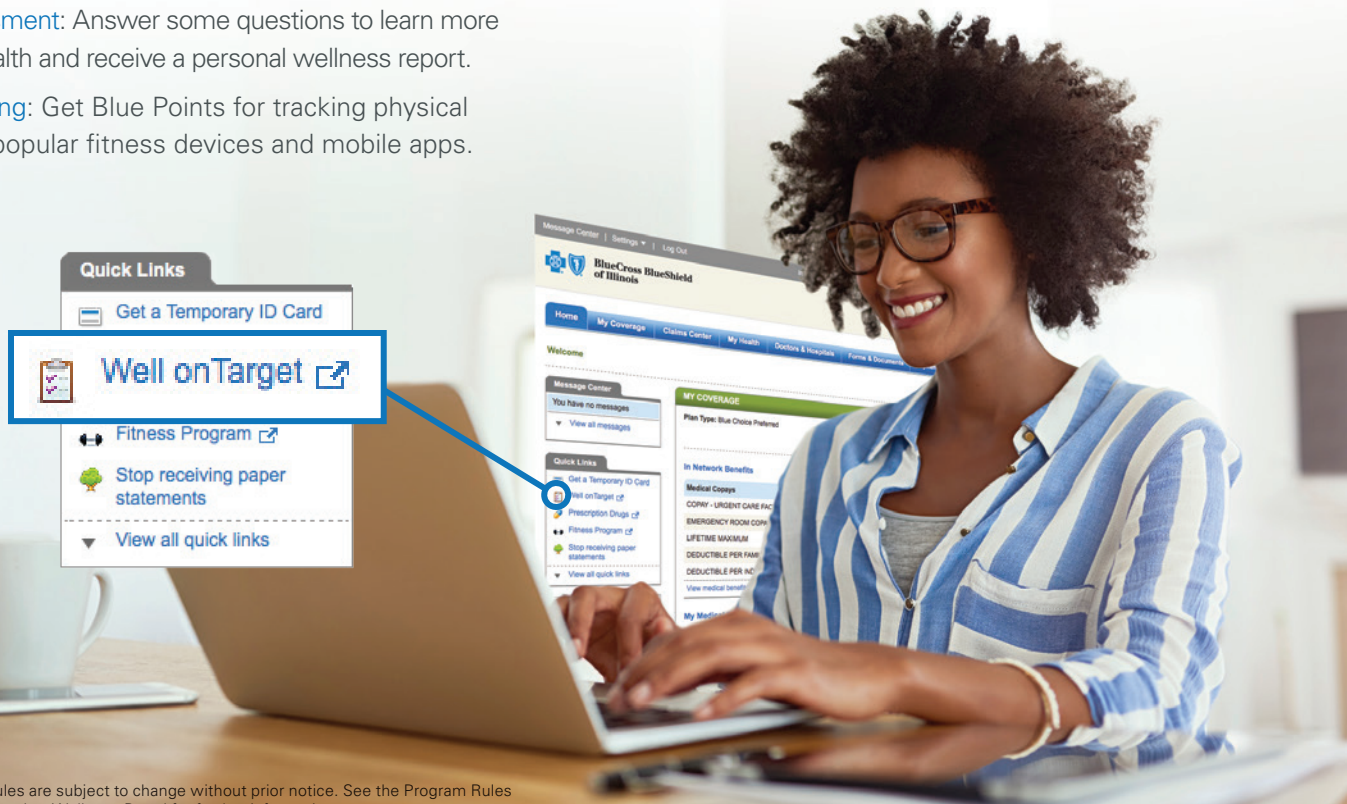
## HOW TO ACCESS THE PORTAL

Use your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account:

- Log in to BAM at [bcbsil.com/members](https://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.