

Well OnTarget®

Take Your Health Personally. Take the Health Assessment!

What do you take personally in life? Your family? Your work? Sports? A hobby? Add your health to the list by taking the Well onTarget Health Assessment (HA).

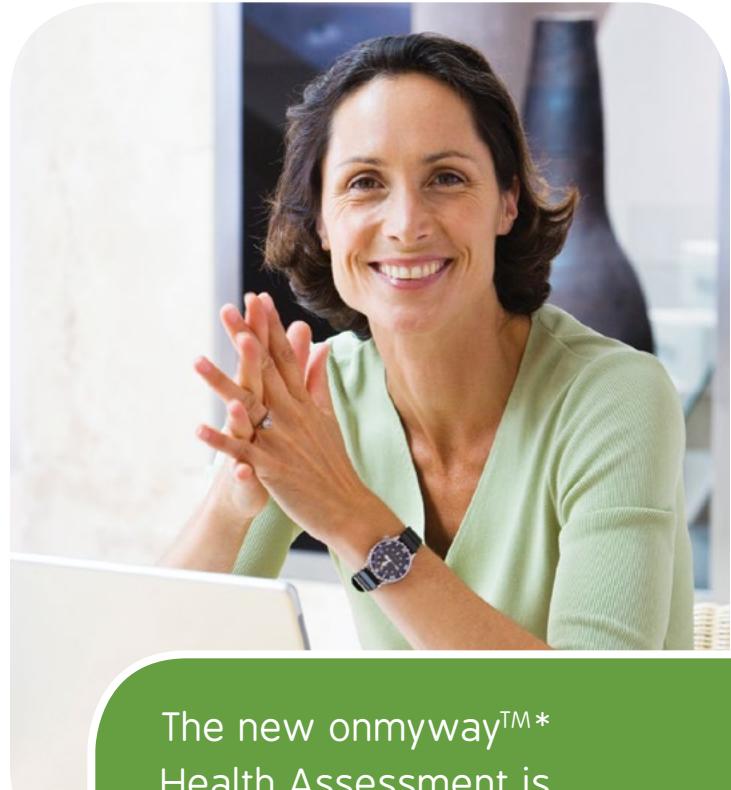
Just a few minutes and a few personal details—how you eat, how you sleep, how you live your life—can give you a personalized map to your best health. You can know your risks and your best options to avoid them. Your customized Personal Wellness Report can tell you how to go from good to better.

The new Health Assessment consists of nine modules that can be completed all at once or by section. These modules include questions regarding your:

- Diet
- Tobacco use
- Physical activity
- Emotional health
- Health at work and on the road

It would be helpful—but not a must—to have a few more personal details on hand when you begin the HA:

- Current height and weight
- Systolic (top number) and Diastolic (bottom number) of your blood pressure reading
- Total cholesterol level
- HDL cholesterol level
- Triglyceride level
- Blood sugar level
- Waist measurement in inches



The new onmyway™*
Health Assessment is
available at wellontarget.com.

Log in today and earn
2,500 Life Points for taking
your HA.

wellontarget.com

The screenshot shows the Well onTarget website's dashboard. At the top, there are links for 'No new messages', 'My Settings', 'Log Off', and 'Help'. Below that, a search bar has 'SEARCH' written in it. On the left, a sidebar titled 'MY DASHBOARD' lists 'PROGRAM STEPS': 'Take Health Assessment' (which is highlighted with a red box), 'Biometric Screening', and 'Life Points' (with a note about earning points and a 'VIEW LOG' button). In the center, under 'onmytime courses: Work on Your Own', there is a section titled 'ALL COURSES' with three recommended courses: 'Managing Stress' (represented by stones), 'Weight Management' (represented by feet on a scale), and 'Improving Nutrition' (represented by a fruit and vegetable icon).

Take Your HA Today

Follow these simple steps to find the new HA:

1. Go to wellontarget.com and log in. If you have an existing Blue Access for MembersSM (BAM) account, use the same username and password. If you are not yet a registered user, click "Register Now" to create a new account.
2. Once you're logged in, click on **My Dashboard**. Under Program Steps, click **Take Health Assessment**.



How Will the HA Be Personalized?

You will begin by answering a set of basic questions. Then, the HA asks more detailed questions based on your first answers. Your health status and lifestyle control which questions you answer, customizing your assessment to your individual needs. Your answers will help tailor the Well onTarget portal for you with programs that will help you reach your health goals. You can check your progress and earn Life Points twice a year.

What Should I Do with My Results?

After completing the HA, you will receive a confidential Personal Wellness Report. It will help take the guess work out of wellness. The report will show you how you are doing and give you healthy tips. You can also print a Provider Report to share with your doctor.

When you know your risks, you can choose your best options to avoid them. When you know your strengths, you can decide to build on them.

Have questions about the Health Assessment or the Well onTarget program? Call 877-806-9380.

wellontarget.com