



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 choices. All while rewarding you for your hard work.

Well onTarget Member Wellness Portal

The member portal uses the latest technology to offer you an enhanced online experience. This engaging portal links you to a suite of innovative programs and tools.

- **onmytime Self-directed Courses.** Learn more about nutrition, fitness, weight management, tobacco cessation and stress through our online courses.
- **Health and Wellness Content.** Health Library teaches and empowers through evidence-based, user friendly articles.
- **Tools and Trackers.** Interactive tools help keep you on track while making wellness fun.
- **onmyway™ Health Assessment*.** You can take the Health Assessment to learn more about your health and receive a personal wellness report.
- **Life Points Program**.** Earn points by taking part in wellness activities and redeem them in the new online shopping mall.



Log in to the Well onTarget portal today!
See the reverse side for instructions.

Onlife Health is an independent company that provides wellness services for the Well onTarget program.

*onmyway is a registered mark of Onlife Health.

**Life 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.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association

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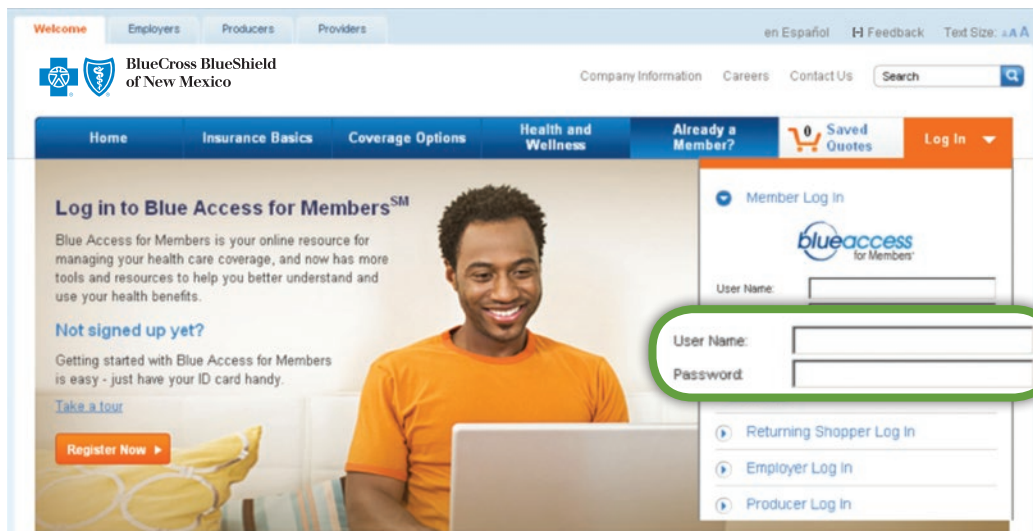
Well onTarget is a registered mark of HCSC.

You can access the Well onTarget Member Wellness Portal from your Blue Access for MembersSM account:



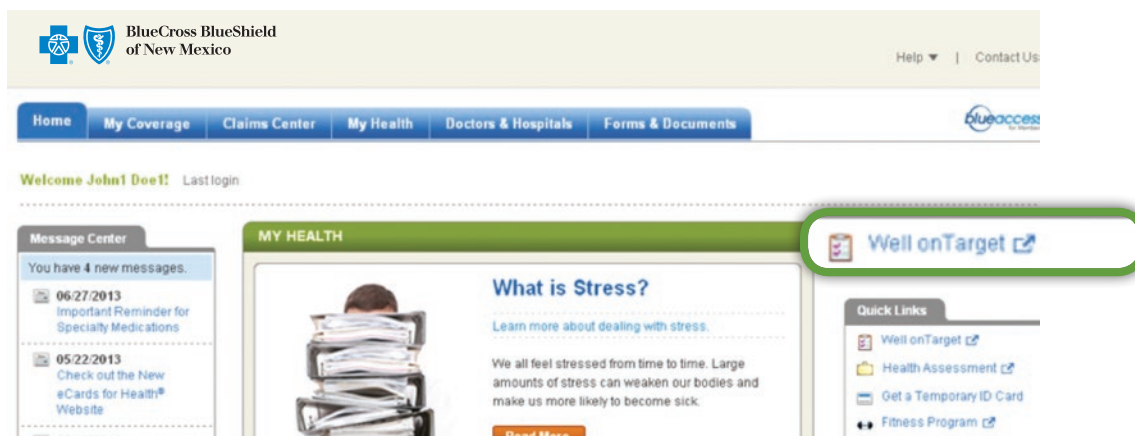
Log in or create an account here

Just log in to Blue Access for Members at bcbsnm.com/members. If this is your first time logging in, you will need to register your account.



Click on the Well onTarget link to access the portal

Once you are logged in to Blue Access for Members, simply click the link on the right side of the page and it will take you to the Well onTarget portal, where you will find personalized tools and resources to help you plan your health and wellness path.



For questions about Well onTarget

Call Customer Service at 877-806-9380 or the Internet Help Desk at 855-803-6448, Monday - Friday 7 a.m. - 10 p.m. (CT), Saturday 7 a.m. - 3:30 p.m. (CT).