



# AlwaysOn Takes Wellness On the Go



## Well onTarget® makes it easy to fit wellness into your schedule with the AlwaysOn Wellness app.

### Meet Your Wellness Needs

The AlwaysOn Wellness mobile app has a wide variety of easy-to-use, features that allow you to:

- Take your Health Assessment\*
- Set personal health and wellness goals and track your progress
- Connect with a wellness coach through secure messaging\*\* or by using the click-to-call feature
- Take an online educational program
- View your Blue Points<sup>SM\*\*\*</sup> balance
- Track data synced from more than 80 fitness devices and apps

### Seamless Integration with the Member Portal

The app is fully integrated with the Well onTarget portal. Plus, it automatically syncs Well onTarget activity.

### To get started, just follow these steps:

1. If you haven't registered on the Well onTarget Portal, go to [wellontarget.com](http://wellontarget.com) and register.
2. Download the AlwaysOn Wellness mobile app in the Apple or Google store.
3. Open the app and click on "New User Registration."
4. Follow the prompts to verify information from your member ID card.

### Questions about the app or the Well onTarget program?

Call Customer Service at 877-806-9380.

The mobile app is available for iPhone® and Android™ smartphones. It can help you regularly connect with your wellness program, work on goals and stay inspired — anytime and anywhere.



The AlwaysOn mobile app is owned and operated by Onlife Health Inc. Onlife Health Inc. is an independent company that provides digital health management for Blue Cross and Blue Shield of Texas.

\* Well onTarget is a voluntary wellness program available to all employees. Completion of the Health Assessment is not required for participation in the program.

\*\* Standard rates may apply. Check with your carrier.

\*\*\* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.