

Take Wellness on the Go with the Well onTarget Mobile App

You may prefer to engage in health and wellness activities on your own terms, and at times and places that are most convenient to you. Well onTarget makes it easy to fit wellness into your schedule by offering the AlwaysOn® wellness app.

We live in an increasingly mobile society. That's why we developed the Well onTarget mobile app. Available for iPhone® and Android™ smartphones, this app can help you regularly connect with your wellness program, work on your wellness goals and stay inspired — anytime and anywhere.

Features to Meet Your Wellness Needs

The Well onTarget app has a wide variety of easy-to-use, intuitive 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
- View your Blue Points^{SM**} balance
- Track data synced from more than 80 fitness devices and apps



Whether you're trying to lower your cholesterol, manage stress, fit more exercise into your daily routine or find other ways to reach your wellness goals, the Well onTarget mobile app can help.

* 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 for further information.



COLLAPSE

HEALTH ASSESSMENT

0% Complete



START >

CONNECTED DEVICES AND APPS

0 No Devices or Apps Connected

ADD / REMOVE VIEW ACTIVITY >

BLUE POINTSSM

0

MY POINTS

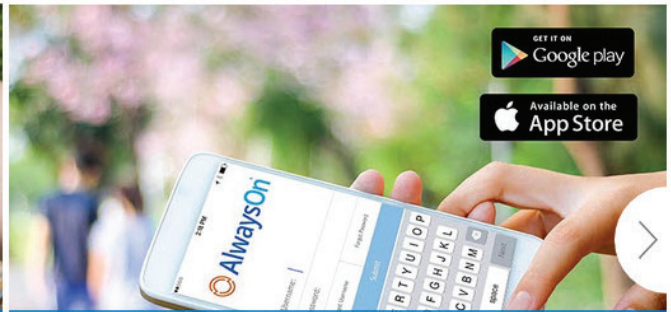
EARN POINTS >
REDEEM >



Connect Your Devices & Apps Now

If you're using a wearable device to track your activities, you can connect it to your wellness program. The more data you track, the better you can watch your progress--and reach your goal.

CONNECT NOW



Get the AlwaysOn[®] Mobile App Today!

Enjoy your wellness experience on the go! Access your Wellness resources anytime, anywhere by downloading the AlwaysOn[®] Wellness Mobile Application to your iPhone or Android.

DOWNLOAD APP

Seamless Integration with the Well onTarget Portal

All Well onTarget members have access to the mobile app. To get started, just follow these steps:

- 1 Log in to the Well onTarget Member Wellness Portal at wellontarget.com.
- 2 Click on the "Download App" button.
- 3 Follow the step-by-step instructions to download the app.

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

Questions about the app or the Well onTarget program? Call Customer Service at **877-806-9380**.