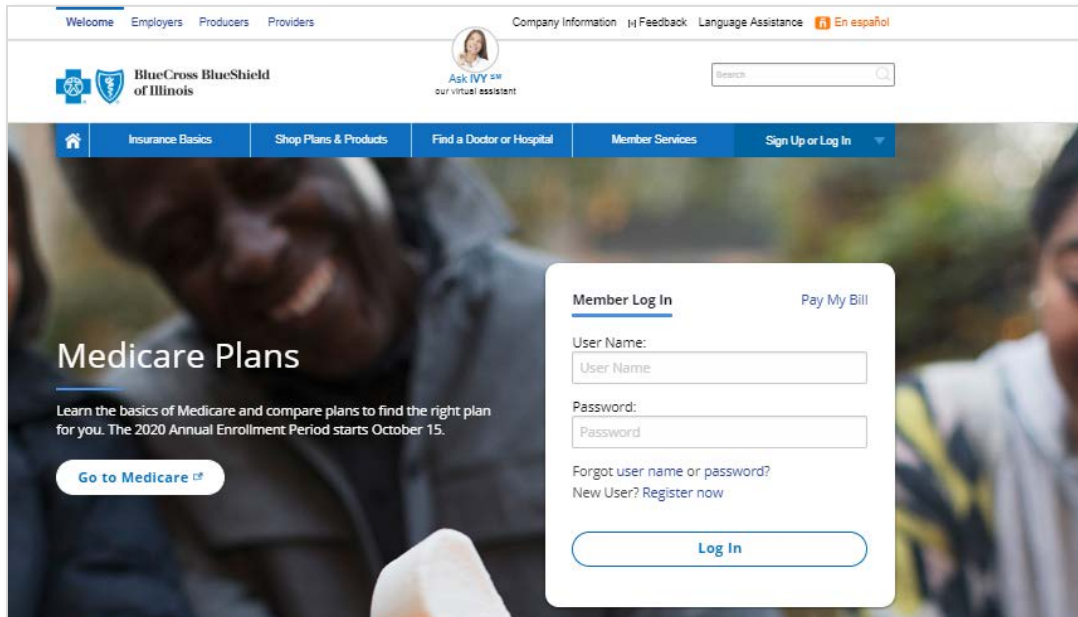


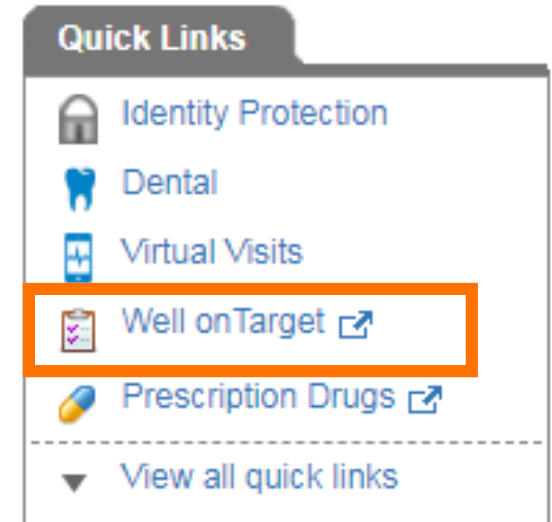
Blue Access for Members – BCBSIL.COM

Accessing Well onTarget

- Go to Blue Access for Members – BCBSIL.com
- New Users - Click Register Now
- Registered Users - Enter User Name and Password
- Locate Well onTarget under Quick Links or the My Health tab



The screenshot shows the BlueCross BlueShield of Illinois website. The header includes navigation links for Welcome, Employers, Producers, Providers, Company Information, Feedback, Language Assistance, and En español. A search bar is present. Below the header is a navigation bar with links for Insurance Basics, Shop Plans & Products, Find a Doctor or Hospital, Member Services, and Sign Up or Log In. The main content area features a 'Medicare Plans' section with a 'Go to Medicare' button. A 'Member Log In' form is overlaid on the page, with fields for User Name and Password, and a 'Log In' button. The form also includes links for 'Pay My Bill', 'Forgot user name or password?', and 'New User? Register now'.

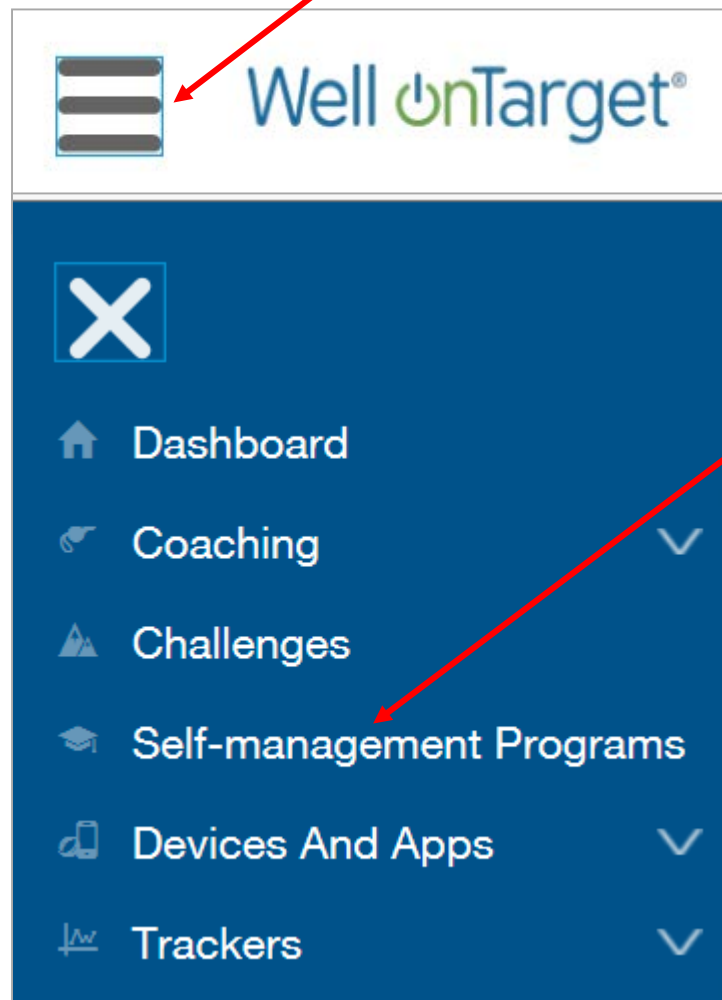


The screenshot shows the 'Quick Links' menu on the BlueCross BlueShield of Illinois website. The menu is titled 'Quick Links' and contains several items: Identity Protection, Dental, Virtual Visits, Well onTarget (highlighted with an orange border), Prescription Drugs, and View all quick links. Each item is accompanied by a small icon representing the service.

Digital Self-Management Programs

Accessing Self-management Programs

- Locate the three bar drop down menu in the upper left of the Well onTarget home page
- Click on Self-management Programs
- Locate the Interactive Quitting Tobacco 6-week program.



Tobacco Cessation Self-Management Program

Quitting Tobacco

- Daily check ins for 6 weeks
- Behavior change
- Creating healthy habits
- Helpful resources
- Midpoint and final assessment



Quitting Tobacco

Congratulations on your decision to quit tobacco! This program gives you the information and support you need to live a tobacco-free life.

[Get Started!](#)

[See Detailed Overview](#)

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 1 of 3

< Previous

Next >

What do you want to focus on?

Select a category below to get started.



Cigarette



Cigar



Chew



Dip



Pipe

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 2 of 3

< Previous

Next >

Cigarettes

I currently average:

0

Cigarettes/day

My goal is to be at:

0

Cigarettes/day

Tip: Quitting tobacco is the best thing you can do for your health - and this program will help!

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 3 of 3

[← Previous](#)

[Next >](#)

Create Healthy Habits

Choose a category. Then, choose or create a “trigger,” something you do every day.
Next, choose or create an action. You’re on your way to creating a healthy habit.

[+ Add A Healthy Habit](#)

[Need help?](#)

Watch this quick video to learn more about how healthy habits can help you.

Please add at least one habit to continue.

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 3 of 3

[← Previous](#)

[Next →](#)

Create Healthy Habits

Choose a category. Then, choose or create a “trigger,” something you do every day.
Next, choose or create an action. You’re on your way to creating a healthy habit.

[+ Add A Healthy Habit](#)

When I finish a meal

I will play with my pet



[Need help?](#)

Watch this quick video to learn more about how healthy habits can help you.

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**



You've successfully enrolled in a program!

Work on your healthy habits and track your progress daily.

Continue

Quitting Tobacco Program

DAILY VIEW

PROGRESS

[Programs](#) > **Daily View**

< Day 1 | Week 1 >

Did You Do This Today?

+ Add A Healthy Habit

When I finish a meal
I will play with my pet



Yes



No



Track Your Progress

I used...

Cigarette

On

11/29/2018

Update

Your Daily Resource



Intro Video: Quit Tobacco

GO!

This information should not replace the advice of your healthcare provider.

Previous Resources

Week 1

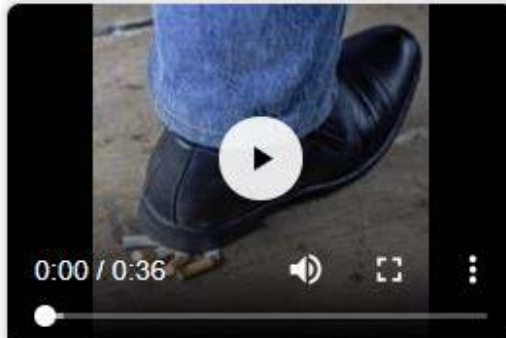


- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6



Intro Video: Quit Tobacco

GO!



Quitting Smoking: It May Take Many Tries

GO!



Varenicline (Chantix) for Quitting Smoking

GO!



Print Certificate of Completion

Well onTarget®

CERTIFICATE OF COMPLETION
THIS CERTIFIES THAT

TODD BALLARD
HAS COMPLETED THE QUITTING TOBACCO PROGRAM

DATE 03/13/2019



Continue with Maintenance Program

Staying Tobacco Free Program

- Daily check ins for 6 weeks
- Behavior change
- Creating healthy habits
- Helpful resources
- Midpoint and final assessment



Staying Tobacco Free

Congratulations on quitting tobacco! This program gives you daily information and support to keep you on track. Here's to your life...WITHOUT TOBACCO!

[Get Started!](#)

[See Detailed Overview](#)