



Your Employees Can Take Wellness on the Go with the Well onTarget Mobile App

You prefer to engage in health and wellness activities on your own terms, and at times and in places that are most convenient to you. The same is probably true for your employees. Well onTarget makes it easy for them to fit wellness into their 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 your employees regularly connect with their wellness program, work on their wellness goals and stay inspired — anytime and anywhere.

FEATURES TO MEET YOUR EMPLOYEES' WELLNESS NEEDS

The Well onTarget app has a wide variety of easy-to-use, intuitive features that allow members to:

- Take their Health Assessment
- Set personal health and wellness goals and track their progress
- View their Blue PointsSM* balance
- Track data synced from more than 80 fitness devices and apps

SEAMLESS INTEGRATION WITH THE MEMBER PORTAL

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

1. Download the Well onTarget mobile app in the Apple or Google store.
2. Open the app and click on "New User Registration."
3. Follow the prompts to verify information from their member ID.

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

Questions about the app or the Well onTarget program? Contact your Account Representative.



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

* 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.