



For
Your

Benefit

NIHIP

January 2017

Your Journey to Wellness in the new year....

Wellness is defined as the state of being healthy in body and mind, especially as the result of deliberate effort. The choices you make each day can affect your health now and in the future. Deciding on the best approach for a healthier lifestyle can be challenging, but it may be easier than you think.

Blue Cross Blue Shield of Illinois (BCBSIL) offers access to convenient online tools and resources to help you plan and manage your health care. Whether you are trying to improve your health or reach the next level of wellness, BCBSIL's WellonTarget programs are here to help.

Log in to the Well onTarget Member Wellness Portal Today!

This engaging portal links you to a suite of innovative programs and tools. Well onTarget is designed to give you the support you need to make healthy choices. All while rewarding you for your hard work.



Life Points Program. Earn Blue Points by taking part in many different health activities that match your goals and redeem them in the online shopping mall. This program makes it easy for you to track your points from one screen. Real-time granting of points lets you instantly use your points. Points can be redeemed for a host of products from the online shopping mall.



Expanded Selection of Rewards. Reward categories include Apparel, Books, Health & Personal Care, Jewelry, Electronics, Music and Sporting Goods. In addition, there are more redemption levels so you can earn a reward more quickly.



onmyway™ Health Assessment. You can take the Health Assessment (HA) to learn more about your health and receive a personal wellness report. It just takes a few minutes and you will get a personalized map to your best health and how to get from good to better. Plus you will get 2,500 Blue Points for completing your HA.



Tools and Trackers. Interactive tools help keep you on track while making wellness fun. Sync up your personal fitness device or app to target your fitness and activity levels on your Well onTarget Member portal and earn points.



Well onTarget mobile app for iPhone and Android smartphones. You can complete your HA and work on your health and wellness goals – anytime and anywhere and earn points. Sign up for text or email notifications, tips and reminders.



onmytime Self-directed Courses. Learn more about nutrition, fitness, weight management, tobacco cessation and stress through the online courses and earn points.



Health and Wellness Content. Health Library teaches and empowers through evidence-based, user friendly articles.



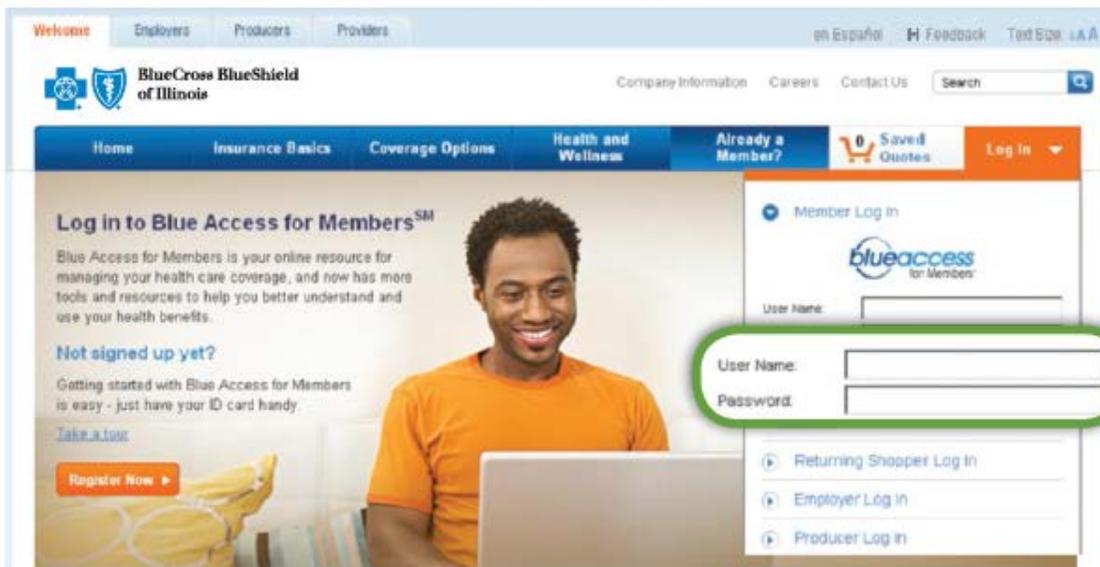
To start you can access the Well onTarget Member Portal from bcbsil.com/members



Log in or create an account here

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

Text, BCBSILAPP to 33633 to get the BCBSIL app that lets you use Blue Access for Members (BAM) while you're on the go.



For questions about Well onTarget

Call the Well onTarget Customer Service line at 1.877.806.9380, M–F, 7a.m.–10 p.m. and Saturday 7a.m.–3:30 p.m. CT



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.



Fitness can be easy, fun and affordable. Well onTarget makes it possible with the Fitness Program

Since you are a Blue Cross and Blue Shield of Illinois member, the Fitness Program is available exclusively to you and your covered dependents (age 18 and older). The program gives you unlimited access to a nationwide network of more than 9,000 fitness centers. You can visit any participating fitness center after you sign up. If you want, you can choose one gym close to home and one near work. You can visit gyms while you're on vacation or traveling for work.

It's easy to sign up:

1. Go to bcbsil.com and log in to Blue Access for Members.
2. Under "Quick Links," choose "Fitness Program." On this page you can search for nearby fitness centers and learn more about the program.
3. Click "Begin Enrollment." Then search and select the fitness center that is best for you. Remember, you can visit any fitness center after you sign up.
4. Verify your personal information and method of payment. Print your temporary Fitness Program membership ID card and visit the fitness center today!

Other program perks include:



No long-term contract: Membership is month to month. Monthly fees are \$25 per month per member, with a one-time enrollment fee of \$25 per member.*



Complementary and Alternative Medicine (CAM) discounts: Save money through a nationwide network of 40,000 health and well-being providers, such as massage therapists, personal trainers and nutrition counselors.



Life Points: Get 2,500 blue points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.



Web resources: You can go online to your Blue Access for Members account and under "Quick Links" choose "Fitness Program" locate gyms and track your visits.

To sign up by phone or for questions about the Fitness Program

Call the Well onTarget Fitness line at 1.888.762.2583, M-F, 7 a.m.-7 p.m. CT



* Subject to applicable taxes

Wellness Coaching Provides Personalized Guidance and Support

Your Trusted Ally

Our team is made up of credentialed and certified health experts, including dietitians, nurses, personal trainers and other clinical specialists.

A wellness coach works with you to design a plan to help you determine your wellness goals. First, your coach will take a look at your lifestyle and habits. Your coach can help you figure out what's most important to you and what you need to be successful. Best of all, your coach can offer you inspiration and ideas.

Reaching Out

Through the new Well onTarget Member Portal, you can send and receive messages with your coach. By calling the phone number on your dashboard, you can speak directly with your coach or request a callback. These convenient options make it easy for you to keep in regular contact with your coach.

Call today to speak with a Well onTarget's onmyteam Wellness Coach Customer Service line and find the support you need to be your best.

To sign up with a Wellness Coach

Call the Well onTarget Customer Service and Coaching line at 1.877.806.9380, M-F, 7 a.m. – 10 p.m. and Sat. 7 a.m. – 3:30 p.m. CT

Program Descriptions



Stress Management Program

Find out how to look at the stress in your life and learn what's causing it. Your coach can share creative steps for dealing with stress by finding healthy ways of thinking and acting. Learn relaxation techniques you can use. Online trackers let you record and chart your daily stress levels that you can share with your coach.



Physical Activity Program

Sometimes the hardest thing about exercising is making working out a key part of your day. Your coach will help you make a plan that's right for your fitness level and lifestyle. This plan consists of a mix of cardio, strength training, and flexibility and stretching exercises. Trackers can help you log your progress and share with your coach.



Nutrition Program

We can put you in touch with a registered dietitian who can help you understand your relationship with food. Your coach can share ideas for making healthy eating choices. A set of online trackers let you to log the food you eat, learn the nutritional value of your meals and share the data with your coach.



Tobacco Cessation Program

Provides personal telephone coaching, self-directed online courses and tobacco cessation resources to help you become tobacco and nicotine free.



Weight Management Program

Offers guidance and support to help you change your behavior and shed the extra pounds through personal telephone motivational coaching, self-directed online courses and weight management resources.



Blue365: Discounts to Make Health & Wellness More Affordable

With this program, you may save money on health and wellness products and services from top retailers that are not covered by insurance. There are no claims to file and no referrals or pre-authorizations. Once you sign up for Blue365 at blue365deals.com/BCBSIL, weekly “Featured Deals” will be emailed to you. These deals offer special savings for a short period of time.

Below are some of the ongoing deals offered to Blue365 members:

Jenny Craig® | Seattle Sutton’s® | Nutrisystem®

You may reach your weight loss goals with savings from leading programs. You may save on healthy meals, membership fees (where applicable), nutritional products and services.

Reebok | SKECHERS®

Reebok, a trusted brand for more than 100 years, makes top athletic equipment for all people, from professional athletes to kids playing soccer. SKECHERS, an award winning leader in the footwear industry, offers exclusive pricing on select Performance, Sport, Work and Corporate Casual styles. You will enjoy 20 percent off plus free shipping for your online orders.

Handstand Kids

Handstand Kids brings the family together in the kitchen, spending more time cooking and eating healthy, delicious meals. The Handstand Kids Cookbook series features the languages and cuisines of Italy, Mexico, China and many other countries. Every book also introduces the language and culture of each country. You may save up to 25 percent on cooking accessories and Cookbook Kits.

EyeMed Vision Care

You may save on eyeglasses as well as contact lenses, exams and accessories. EyeMed is made up of national and regional retail stores as well as local eye doctors. You may get possible savings on laser vision correction through the TLC/TruVision group.

Procter & Gamble (P&G) Dental Products

You may get savings on dental packages with Oral B® power toothbrushes and Crest® products. Packages may include items such as an electric toothbrush, mouth rinse, teeth whiteners and floss.

TruHearing® | Beltone™

You may get possible savings on hearing tests, evaluations and hearing aids. Discounts may also be available for your immediate family members.



Dental SolutionsSM

You may get dental savings with Dental Solutions. You may receive a dental discount card that provides access to discounts of up to 50 percent at more than 61,000 dentists and more than 185,000 locations.*

CORD:USE® | CorCell®

You can protect your family’s cord blood at a state-of-the-art laboratory using high-quality cord blood banking practices and technologies. Cord blood contains stem cells (like those in bone marrow) that have the ability to develop into additional cells and can be used to treat possible life-threatening diseases in the future. You may save on cord blood processing and storage fees.

RetrofitSM

Receive 15 percent off Retrofit’s online, private weight loss coaching sessions. Retrofit includes the use of a wireless Fitbit® device and smart scale, one-on-one videoconferencing with a personal team of experts and unlimited online support. You will enjoy flexibility in scheduling and the ability to meet with coaches anywhere there is an Internet connection.

SeniorLink Care™

With SeniorLink Care, you may find support to help your aging family members or friends lead fulfilling and comfortable lives. From planning care to helping caregivers, SeniorLink Care assists older adults and their loved ones in finding the programs and services they may need most. You can save on a three- or 12-month membership.