



Life Points

Rewards for Healthy Living

Well onTarget understands how hard it can be to maintain a healthy lifestyle. Sometimes you may need a little motivation. That's why we offer Life Points¹ to keep you climbing toward your wellness goals.

With the Life Points program, you will be able to earn points by regularly participating in a range of healthy activities. You can then redeem your points for popular health and wellness merchandise and services.

Life Points offers you many features:

Instant recognition of points

Real-time granting of points² gives you instant notice of your healthy efforts.

Easily manage your points

The interactive portal makes it easy to understand how many points are available to be earned. You can also track the total number of points earned year-to-date. All of your point data will be displayed on one screen.

Get more Life Points

The Life Points program gives you the option to supplement your Life Points balance using a credit card to redeem your points for a larger reward.

Expanded selection of rewards

Redeem your hard-earned points in an expanded online Shopping Mall. Reward categories include Apparel, Books, Health & Personal Care, Jewelry, Electronics, Music and Sporting Goods. In addition, check out the "Rewards on Sale" section for discounted merchandise including electronics, games, luggage and more.



Life Points and Well onTarget feature convenient online tools and personalized services that help support, inform and motivate you on a journey to wellness.

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¹ Life Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. Your company may have additional reward programs in place to encourage you to take advantage of certain preventive care and wellness activities or for making healthy changes. Check your employee benefits.

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Well onTarget is a registered mark of HCSC.

Rewarding Healthy Behavior

Look how quickly your Life Points can add up! Sample activities that help you earn Life Points include:

Completing the onmyway^{TM3} Health Assessment (once every six months)	2,500 points every 6 months
Taking all 12 lessons of a Self-directed Course	1,000 points per quarter
Tracking progress in the online tools on the Well onTarget Member Wellness Portal	10 points
Enrolling in the Fitness Program⁴	2,500 points
Adding weekly Fitness Program visits to your routine	up to 300 points each week
Completing any Self-directed Course Milestone Assessment	up to 250 points per month
Participating in a Biometric Screening through the Well onTarget program	2,500 points per year
Connecting compatible fitness device or app	2,675 points
Tracking progress using compatible fitness device or app	55 points per day

Log on to wellontarget.com to access all the interactive tools and programs you need to start racking up Life Points. Check out the online Shopping Mall with an expanded array of rewards to help motivate you to earn more points.

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² Does not include Life Points earned from the Fitness Program and Biometric Screenings activities.

³ onmyway is registered mark of Onlife Health.

⁴ Healthways, Inc. is an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Onlife Health is an independent company that provides wellness services for the Well onTarget program.