



# It's Easier Than Ever to Track Your Physical Activity

Use your personal fitness device or app to capture and record your Well onTarget status and goals.

Sync up your fitness device or app to track your activity levels. It just may help you stay motivated to reach your wellness goals.

All of your recorded wellness information appears in one place on the Well onTarget Member Wellness Portal, so it's easy and convenient to access. This information is confidential, and you can view it as long as you keep your device synced with the portal.

Just log into [wellontarget.com](http://wellontarget.com) and click [Add/Remove](#) under [Connected Devices and Apps](#). Look for the full list of fitness devices and apps. These include Fitbit®, Apple Health, Samsung Health, Garmin, MapMyFitness apps and others.\*

You can also connect via your AlwaysOn mobile app. Click the [Stack Icon](#) from the dashboard bottom menu, click [device management](#) and Connect your device. Apple Health and Samsung Health apps can only be connected via the mobile app.

Connect your device or app and earn 2,675 Blue Points\*\*SM. Then earn 55 Blue Points for every day you track your progress. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.

Your portal dashboard keeps track of your:

- Minutes of activity
- Miles traveled
- Steps taken
- Calories burned

You can filter the displayed activity by day, week, month or year. This makes your activity information easy to follow.



Connect your fitness device or app to the Well onTarget Member Wellness Portal to chart progress. Earn 2,675 Blue Points for syncing your device or app. Score daily Blue Points for tracking your activity.

## IT'S EASY TO GET STARTED

1. Log in to [wellontarget.com](https://wellontarget.com). Sign in with your existing Blue Access for Members<sup>SM</sup> account. If you have not yet set up an account, click [Register Now](#).
2. Click [Add/Remove](#) under [Connected Devices and Apps](#). Or click [Manage Devices](#) under [Devices and Apps](#) in the menu on the left side of the screen.
3. Click [More Details](#) to learn more.
4. Click [Connect](#) to start syncing your device or app.

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

1. If you haven't registered on the Well onTarget Portal, go to [wellontarget.com](https://wellontarget.com) and register.
2. Download the [AlwaysOn Wellness](#) mobile app in the Apple or Google store.
3. Open the app and click on [New User Registration](#).
4. Follow the prompts to verify information from your member ID card.

If you need help, click [My Fitness](#) and then [Help](#) to read frequently asked questions. You can even watch a video that shows how to get started.

You're now on your way to tracking your fitness activity and your progress toward reaching your health and wellness goals!

Have questions about fitness tracking or the Well onTarget program? Call Customer Service at **877-806-9380**. Or email [support@onlifehealth.com](mailto:support@onlifehealth.com).

\* New devices will be added as the fitness tracking landscape changes. Members can also request a new device partnership anytime in the portal.

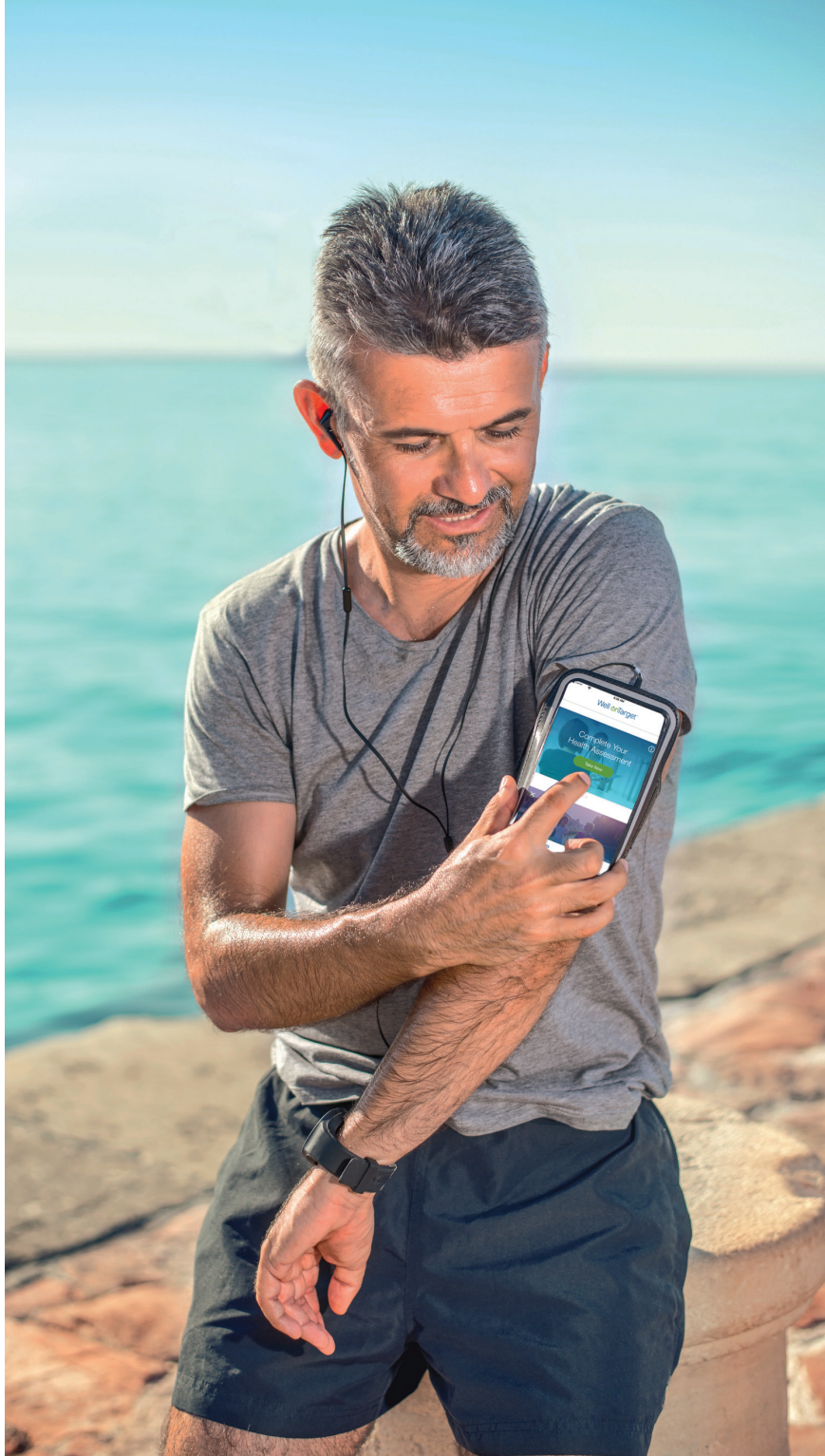
\*\* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](https://wellontarget.com) for further information. Taxes may apply.

We do not guarantee that these services or products will function on any particular hardware or devices. Individuals are responsible for obtaining and updating compatible hardware or devices necessary to access and use these services. Check with your carrier to find out if additional charges may apply.

The Well onTarget program is not endorsed by, affiliated with or sponsored by Fitbit, Apple Health, Samsung Health, Garmin, or MapMyFitness.

Onlife Health is an independent company that provides wellness services for the Well onTarget program.

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## Take Wellness on the Go

Check out the Well onTarget mobile app (AlwaysOn), available for iPhone® and Android™ smartphones. Connect your favorite fitness app, such as Fitbit or Apple Health, and watch your Blue Points add up as your daily activity is automatically logged. The Well onTarget app also features wellness trackers, Personal Challenges and the Health Assessment.