



# Introducing Care onTarget

## Self-Service, Online Condition Management for Members

At Blue Cross and Blue Shield of Montana, our focus is to support you in staying healthy. Care onTarget helps you do just that with information to assist you in learning more about and managing a health condition.

**Care onTarget gives you health information when you need it most. You can use these tools online at any time:**

**Condition Assessments (CA):** Online CAs allow you to answer basic questions about your health and store your answers in one, safe place. You can take CAs on asthma, coronary artery disease (CAD), diabetes, depression and substance abuse.\*

**Online Health Tutorials:** Based on your answers to the CA, Care onTarget will suggest online tutorials to help you better understand your health needs and offer ways to take a more active role in your care.

**Health Resources:** This section helps you get useful information from well-known and recognized groups such as the National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC).

**Live Chat with a Clinician:** This function allows you to chat with a clinician Monday through Friday, 8:30 a.m. to 5 p.m. Central time, 7:30 a.m. to 4 p.m. Mountain time (excluding holidays).

**Log on to Care onTarget directly or by choosing the link in the My Health tab in your Blue Access for Members<sup>SM</sup> (BAM) account.**

**New users can access BAM with the user name and password created during the Care onTarget registration process.**

\*Depression and substance abuse assessments are only available to members whose employers have purchased the Behavioral Health program through BCBSMT.



Care onTarget gives you the tools you need to help manage your condition.

[careontarget.com](https://careontarget.com)