

Take Wellness on the Go with the Well onTarget Mobile App

Engage in health and wellness activities on your own terms, and at times and in places that are most convenient to you. Well onTarget makes it easy to fit wellness into your 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 you regularly connect with your wellness program, work on your wellness goals and stay inspired — anytime and anywhere.

FEATURES TO MEET YOUR WELLNESS NEEDS

The AlwaysOn Wellness mobile app has a wide variety of easy-to-use, intuitive features that allow you to:

- Take your Health Assessment*
- Set personal health and wellness goals and track your progress
- View your Blue Points^{SM**} balance
- Track data synced from more than 80 fitness and nutrition devices and apps

SEAMLESS INTEGRATION WITH THE MEMBER PORTAL

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 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.

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

Questions about the app or the Well onTarget program? Call Customer Service at [877-806-9380](tel:877-806-9380).

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

* Well onTarget is a voluntary wellness program available to all employees. Completion of the Health Assessment is not required for participation in the program.

** 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. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

