

BLUE POINTSSM – REWARDS FOR HEALTHY LIVING

Sometimes, a little motivation to maintain a healthy lifestyle is all you need. The Blue Points¹ program can help you get on track – and stay on track – to reach your wellness goals.

With the Blue Points program, you can earn points for regularly participating in many healthy activities. You can redeem these points in the online shopping mall, which offers a wide variety of merchandise.

Created with your needs in mind, the Blue Points program offers many convenient, user-friendly, personalized and flexible features:

Earn points instantly

Start earning and using your points right away for certain wellness-related activities². You can earn an unlimited number of Blue Points.

Manage your points

Track your points through the interactive Well onTarget[®] portal. You can see the total number of points you've earned, how you earned your points and what other activities might earn you more points.

Get extra points

Don't have enough points yet for that reward you really want? No problem! You can apply the points you have and use a credit card to pay the remaining balance.

2,500 points

Completing Your Health Assessment



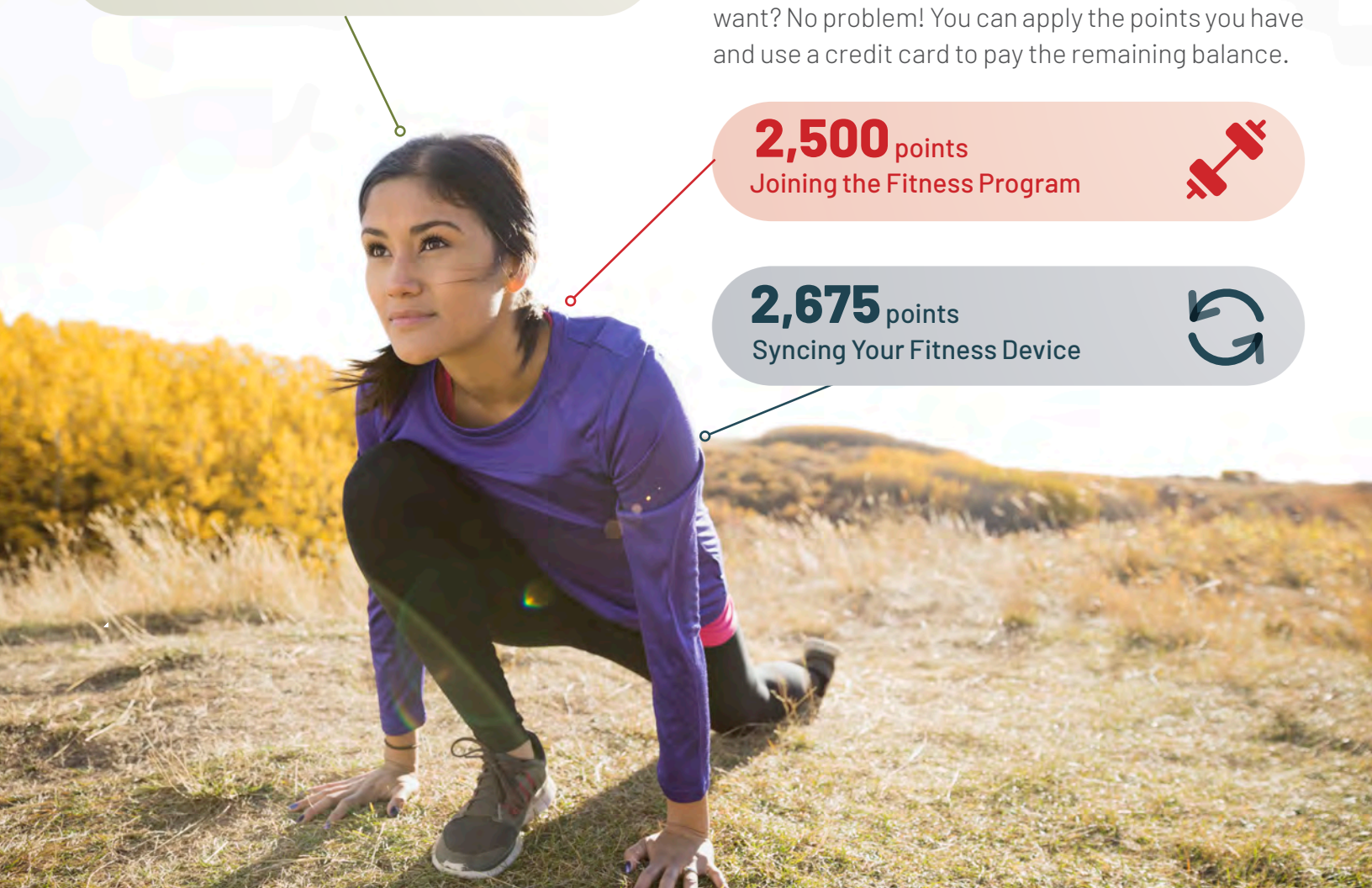
2,500 points

Joining the Fitness Program



2,675 points

Syncing Your Fitness Device



Shop with your points

Redeem your Blue Points through an online rewards store for a wide variety of items including fitness gear, wearables and camping equipment. You can only redeem up to 17,325 points each calendar year, but points roll over from year to year and don't expire.³



Participate in activities that match your goals

Your Blue Points can add up quickly! This chart shows some of the activities you can complete to earn points.

ACTIVITIES	POTENTIAL BLUE POINTS AMOUNTS
Completing the Health Assessment every six months ⁴	2,500 points every six months
Completing a Self-management Program	1,000 points per quarter
Using trackers to track your progress toward your goals	10 points, up to a maximum of 70 points per week
Enrolling in the Fitness Program	2,500 points
Adding weekly Fitness Program gym visits to your routine	Up to 300 points each week
Completing progress check-ins	Up to 250 points per month
Connecting a compatible fitness device or app to the portal	2,675 points
Tracking progress using a synced fitness device or app	55 points per day

Access Well onTarget via Blue Access for MembersSM.

- Go to www.healthselectoftexas.com.
- Click on "Log In" in the upper right-hand corner. If you already have a Blue Access for Members account, log in. If you do not have an account yet, click "Register Now" and use your medical ID card to create an account.
- Once you're logged in to Blue Access for Members, click "Well onTarget" under the Quick Links on the left.

¹ Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

² This does not apply to points you earn for completing Fitness Program activities and biometric screenings.

³ 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.

⁴ Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

The Fitness Program is provided by Tivity Health®, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

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