

DIGITAL SELF-MANAGEMENT PROGRAMS: HELP FOR A HEALTHIER LIFESTYLE

Well onTarget[®] digital self-management programs can help empower you to reach your wellness goals – online and on your time.

Digital self-management programs include:

1. Interactive programs with learning activities and content that focus on behavioral changes to reinforce healthier habits.
2. Educational programs that explain symptoms, treatment options and lifestyle changes.

These online programs allow you to learn at your own pace and may help you get to the next level of wellness.

Earn Blue PointsSM

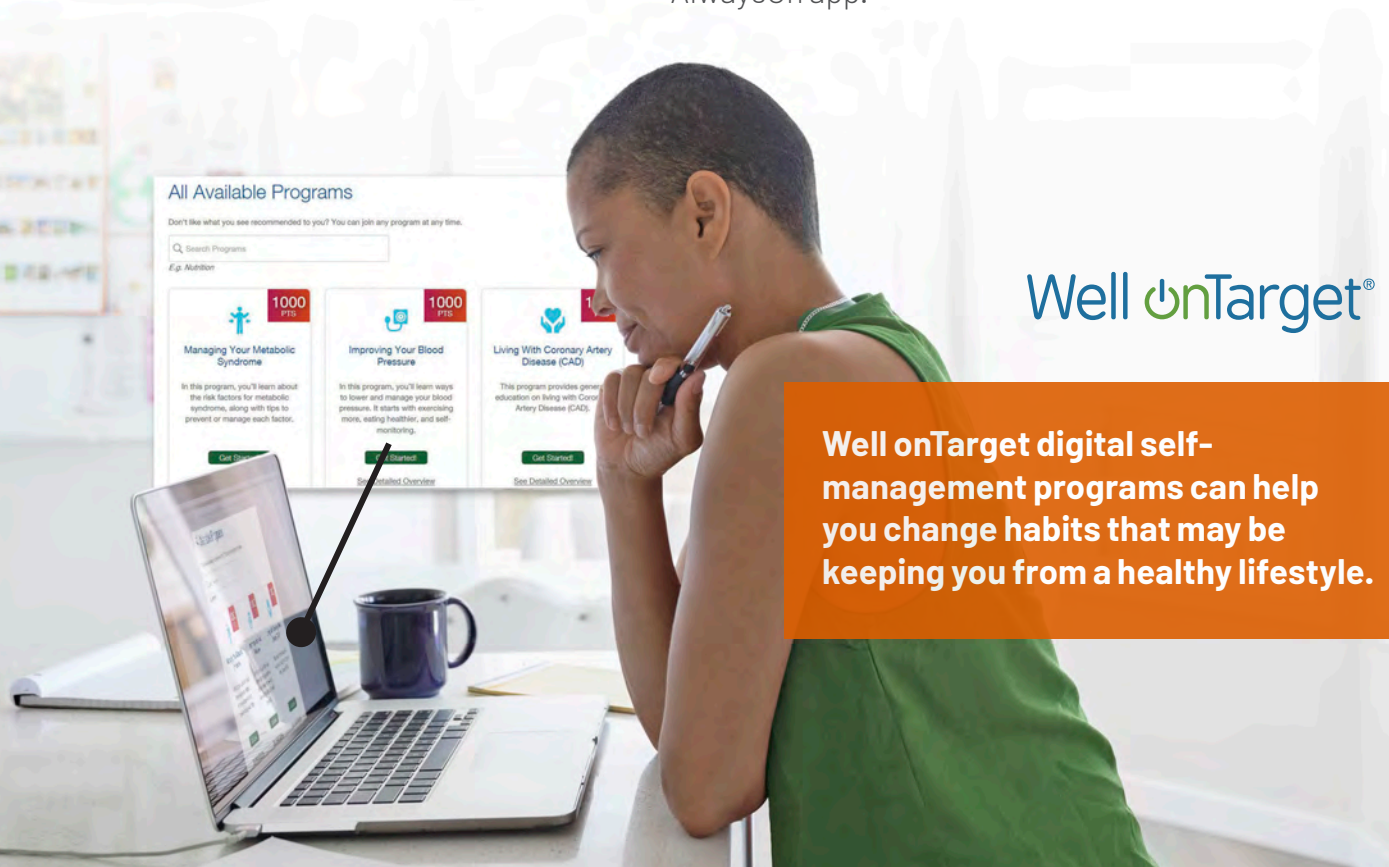
You can earn 1,000 Blue Points once per quarter when you complete a digital self-management program. HealthSelect of Texas[®] participants, including those enrolled in Consumer Directed HealthSelectSM, can redeem up to 17,325 points each year for a wide variety of merchandise in an online shopping mall.¹

Easy to Learn

Well onTarget programs are self-paced and designed with your busy lifestyle in mind. Programs are based on recommendations from the Centers for Disease Control and Prevention; Academy of Nutrition and Dietetics; National Heart, Lung and Blood Institute's Obesity Education Initiative and Physical Activity Guidelines from the U.S. Department of Health and Human Services. When you complete a program, you can download a certificate of completion.

Easy to Access

Access the programs through the Well onTarget Member Wellness Portal. Access Well onTarget through your Blue Access for MembersSM account at **www.healthselectoftexas.com** or download the AlwaysOn app.²



Well onTarget[®]

Well onTarget digital self-management programs can help you change habits that may be keeping you from a healthy lifestyle.

Program Descriptions

Interactive programs help you achieve your overall wellness goals by creating and focusing on simple, daily habits. Trackers help you watch your progress, and midpoint and final assessments help you check your learning. Educational programs address symptoms and causes of diseases and identify available treatment options and lifestyle changes that contribute to better health. Each day, you'll find an additional resource such as a video, article, podcast or links to communities and resources.



Interactive Programs (Six weeks)

Managing Your Stress

In this program, you'll identify thought patterns that have a negative influence on your behavior and emotions. You'll be introduced to relaxation techniques to help you manage your stress effectively.

Quitting Tobacco

This program addresses many factors that contribute to addiction, including physical, psychological, social and cultural.

Achieving Your Healthy Weight

Explore how behavioral and environmental factors influence and contribute to unhealthy weight gain.

Maintaining Your Healthy Weight

You're at a healthy weight. How can you stay there? Consider the lifestyle factors that influence weight, including nutrition, physical activity, stress and sleep.

Nutrition for Better Health

Eat better to feel better. In this program, you'll learn ways to improve your overall health and reduce your risk of disease through proper nutrition and healthy eating habits.

Enhancing Your Physical Activity

Being more active in your daily life is a great goal. This program will help you enhance your fitness routine and boost your well-being.

Improving Your Blood Pressure

If you have hypertension, this program will show you how to manage high blood pressure. You'll also see how physical activity, good dietary choices, quitting tobacco and managing stress have a positive effect on your blood pressure.

Improving Your Oral Health

This program will teach you how important oral health is to your overall well-being. It explains common oral conditions and treatments and can help you attain or maintain good oral health.

Improving Your Sleep

Need to get more shut-eye? Identify healthy sleep patterns and get strategies for developing healthy sleep habits that can eliminate barriers to restful sleep.

Living With Diabetes

Inspired by the Center for Disease Control's Diabetes Prevention Program, this program addresses lifestyle factors related to diet, physical activity, sleep and regular medical care.

Staying Tobacco Free

There are many complex factors that influence an individual's desire to use tobacco products. Examine the common "triggers" and get strategies for how to avoid them.

Financially Fit

This program focuses on the basics of building a financial wellness plan. If your personal finances are stressing you out, this course is for you. It's also ideal for anyone who wants to learn more about getting financially healthy.



Educational Programs (Six lessons in each program)

Preventive Health: Reducing Your Risks

Many illnesses can be prevented by making better health choices. This program addresses screenings, immunizations and lifestyle changes that can help reduce health risks from heart disease, cancer, stroke, chronic obstructive pulmonary disease (COPD) and diabetes.

Improving Your Cholesterol

If you have high cholesterol and want to lower it, this program can guide you in developing lasting lifestyle changes that have been shown to keep cholesterol in check. Learn about weight, nutrition, physical activity and tobacco as they relate to cholesterol.

Healthy Bones and Joints

Anyone experiencing bone and joint issues or who has been diagnosed with conditions such as osteopenia, osteoporosis and osteoarthritis may find this program helpful. Learn how lifestyle changes, such as improving your diet and increasing physical activity, can improve musculoskeletal conditions. You'll also review fall-prevention strategies, quitting tobacco and alcohol use and why you need to take your medications as prescribed.

Managing Your Metabolic Syndrome

This program covers each of the five risk factors that contribute to metabolic syndrome: abdominal obesity, high blood pressure, high triglycerides, high blood sugar and low HDL (healthy cholesterol).

Preventing Diabetes

Developed for those who are at risk for diabetes or have already been diagnosed with the condition, this program addresses the effect that diet, physical activity, sleep and regular medical care can have on your health. The lessons in this program are inspired by the Center for Disease Control and Prevention's Diabetes Prevention Program.

Living With Asthma

Controlling asthma symptoms can be difficult. Review how individuals with asthma control their condition through regular medical care and how other health conditions and environmental factors worsen asthma. Also addressed: exercises recommended for those with well-controlled asthma.

Living With Chronic Obstructive Pulmonary Disease (COPD)

Consider general information on COPD and discover how the lifestyle modifications you can make can improve your quality of life. Learn how diet, quitting tobacco and certain medical treatments make it possible to live with COPD.

Living With Congestive Heart Failure (CHF)

The CHF program provides information on the disease and lifestyle changes that can improve quality of life. If you have CHF, the program shows how changing your diet and improving your physical activity can help you better cope with your condition. Also addressed: sleep and stress management and why to stop tobacco and alcohol use.

Living With Coronary Artery Disease (CAD)

Learn about living with CAD. Find out which lifestyle changes can improve your quality of life. Learn how diet, physical activity, weight management, stress management and stopping tobacco use help you better cope with your condition.

Healthy Pregnancy (five programs)

This series of programs is designed for women who are pregnant or thinking about becoming pregnant. The content promotes maternal and child health from pre-conception to post-delivery. The goal is to boost the health of mothers and their babies.

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.

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.

² AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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