



# HealthSelect<sup>®</sup> of Texas

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## OnMyWay Health Assessment



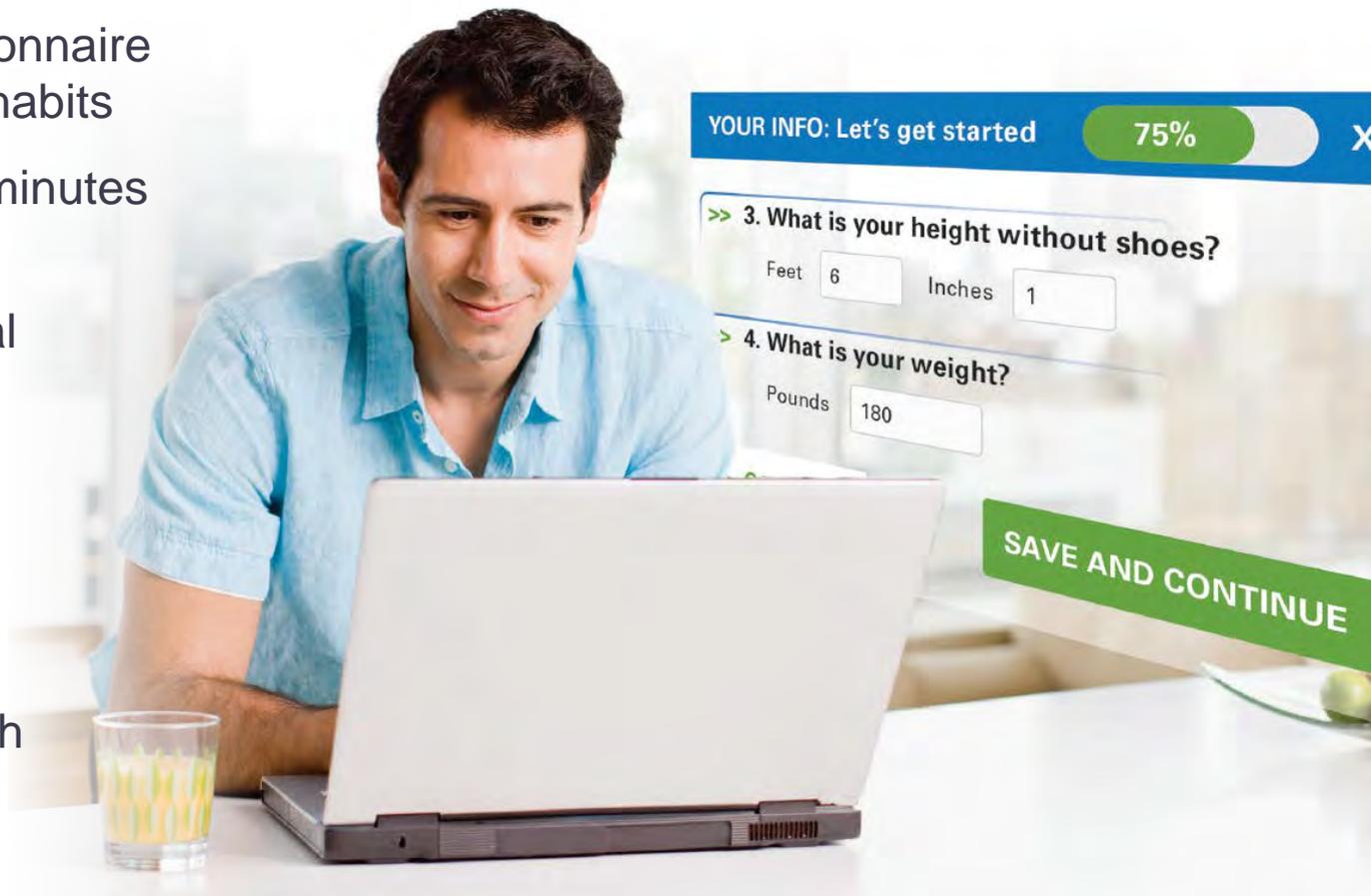
# OnMyWay Health Assessment

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- Confidential questionnaire regarding lifestyle habits
- Approximately 15 minutes to complete
- Generates personal wellness report
- Personalized recommendations and guidance
- Available in both Spanish and English

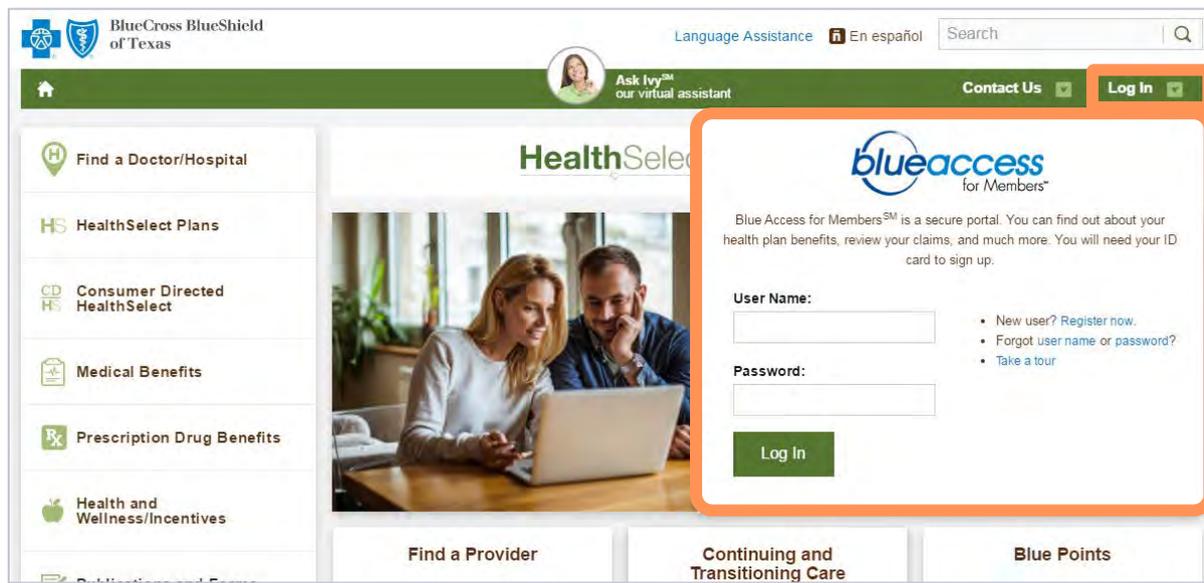


# How to Access Well onTarget®

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Access Well onTarget on a computer or through the AlwaysOn Wellness app

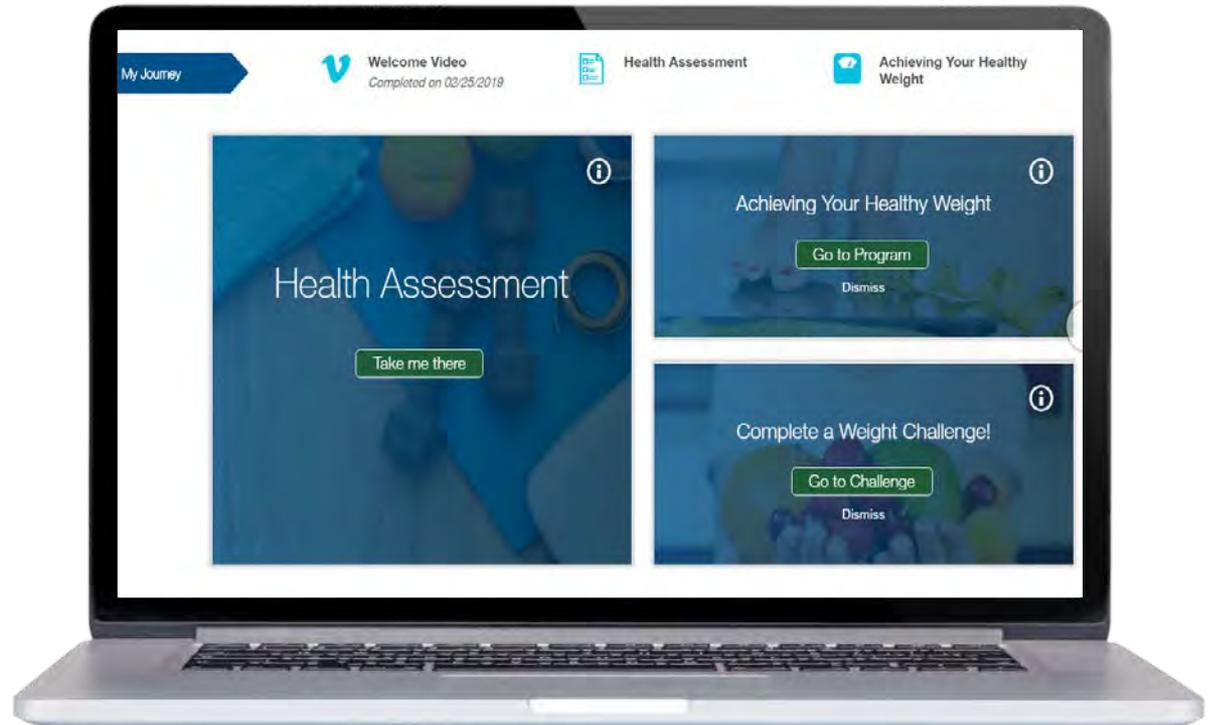
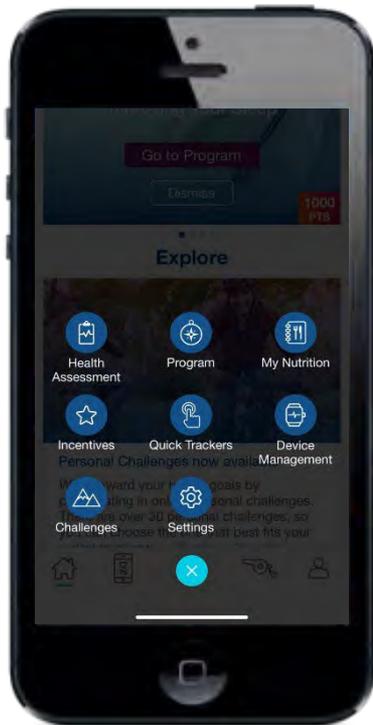


The Health Assessment is available through Well onTarget, which can be accessed through our secure participant portal, Blue Access for Members<sup>SM</sup> by visiting [www.healthselectoftexas.com](http://www.healthselectoftexas.com) and clicking "Log In" in the top right corner.

# How to Access the Health Assessment

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# Personal Wellness Report

## Personal Wellness Report includes:

- Health risk information
- Wellness recommendations
- Preventive care recommendations
- Suggested next steps
- Other recommended resources

**Individual Wellness Report Well onTarget**

HEALTH RISKS • HEALTH MEASURES • PREVENTIVE SERVICES RECOMMENDATIONS • NEXT STEPS • RESOURCES

December 4, 2019  
33 yr. old Male

This report is based upon the Individual Health Analysis overall health and points out unhealthy habits that are provider's advice and care.

Your healthy lifestyle adds about 6 years to the life expectancy information that you can use to improve your health.

**Well onTarget Summary Report for Health Care Providers**

Health Risk Factor	Status	Readiness to Change	Belief in Benefits of Change	Confidence in Success of Change
Smoking (Current)	Never Used	Quit 18+ years ago	Very High	High confidence
Smoking (Former)	Never Used	Quit 18+ years ago	Very High	High confidence
Physical activity	Regular	Healthy, PA 1-3 times/week	Very High	High confidence
Weight	Healthy	Healthy, BMI 18-24.9	Very High	High confidence
Cholesterol	Healthy	Healthy, LDL < 100 mg/dL	Very High	High confidence
Blood pressure	Healthy	Healthy, BP < 120/80 mmHg	Very High	High confidence
Diabetes	Healthy	Healthy, A1C < 5.7%	Very High	High confidence
Alcohol use	Healthy	Healthy, 1-2 drinks/week	Very High	High confidence
Sleep	Healthy	Healthy, 7-9 hours/night	Very High	High confidence
Stress	Healthy	Healthy, 1-3 times/week	Very High	High confidence

**Medical history reported conditions**

Condition	When last seen (year)	Current status
High cholesterol	Within last 5 months	Controlled
Diabetes	Within last 5 months	Controlled
High blood pressure	Within last 5 months	Controlled
Depression	Within last 5 months	Controlled

**Preventive Services for All 18 Older Adults**

Recommended Changes:

- Get a flu shot every year.
- Get a tetanus shot every 10 years.
- Get a COVID-19 vaccine.
- Get a COVID-19 booster shot.
- Get a COVID-19 booster shot.

# Certification of Completion

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- Certificate available after completing the Health Assessment
- Receive wellness incentives for completion (if allowed by your employer)



# Earn Blue Points<sup>SM</sup>

*Instant recognition and rewards*

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## Earn 2,500 Blue Points for completing your Health Assessment (once every six months).

### Other activities that earn points:

- Self-directed courses
- Fitness Program visits
- Using online trackers
- Syncing and using a fitness device or app

#### How to Earn Blue Points<sup>SM</sup>

Earn points for doing the right things! When you take actions that have been proven to have a positive impact on health, you'll earn points. You can use your points to redeem through the shopping mall.

All Activities

Tools & Trackers

 Fitness Center Use - Visit 1	<b>100</b> POINTS 1 PER WEEK	You will earn points for your first visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 3	<b>200</b> POINTS 1 PER WEEK	You will earn points for your third visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 1	<b>2500</b> POINTS 1 PER YEAR	When you enroll into the Fitness Program, you'll earn points! For more information about program cost, fitness centers in your area and a list of frequently asked questions click on the Fitness Program link.



# Accommodations

*Visually and hearing impaired adaptation available options*

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## Well onTarget

- Health coach can assist with completing the Health Assessment
- Telephone coaching support
- Customer service for Well onTarget questions: (877) 806-9380

# Disclosures

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Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget<sup>®</sup> Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information.

The AlwaysOn App and OnMyWay are owned and operated by Onlife Health. Onlife is an independent company that provides health assessments for Blue Cross and Blue Shield of Texas.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

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