

Experience a New Kind of Wellness - Log in to the Well on Target Portal

Well on Target is designed to give you the support you need to make healthy choices. All while rewarding you for your hard work.

Well on Target Member Wellness Portal

The member portal uses the latest technology to offer you an enhanced online experience. This engaging portal links you to a suite of innovative programs and tools.

- onmytime Self-directed Courses. Learn more about nutrition, fitness, weight management, tobacco cessation and stress through our online courses.
- Health and Wellness Content. Health Library teaches and empowers through evidence-based, user friendly articles.
- Tools and Trackers. Interactive tools help keep you on track while making wellness fun.
- onmywayTM Health Assessment*. You can take the Health Assessment to learn more about your health and receive a personal wellness report.
- Life Points Program**. Earn points by taking part in wellness activities and redeem them in the new online shopping mall.



Log in to the Well on Target portal today! See the reverse side for instructions.

Onlife Health is an independent company that provides wellness services for the Well onTarget program

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^{*}onmyway is a registered mark of Onlife Health.

^{**}Life Points Program Rules are subject to change without prior notice. See the Program Rules on the Well on Target Member Wellness Portal for further information. Your company may have additional reward programs in place to encourage you to take advantage of certain preventive care and wellness activities or for making healthy changes. Check your employee benefits.

You can access the Well on Target Member Wellness Portal from your Blue Access for Members™ account:



Log in or create an account here

Just log in to Blue Access for Members at bcbsnm.com/members. If this is your first time logging in, you will need to register your account.





Click on the Well on Target link to access the portal

Once you are logged in to Blue Access for Members, simply click the link on the right side of the page and it will take you to the Well on Target portal, where you will find personalized tools and resources to help you plan your health and wellness path.



For questions about Well on Target

Call Customer Service at 877-806-9380 or the Internet Help Desk at 855-803-6448, Monday - Friday 7 a.m. - 10 p.m. (CT), Saturday 7 a.m. - 3:30 p.m. (CT).