



BlueCross BlueShield of Illinois



# Digital Self-Management Programs Help Employees Develop Healthier Lifestyles

With Well onTarget® Digital Self-Management Programs, your employees will get tips and techniques and resources they'll need to help support their wellness goals.

Our Digital Self-Management Programs consist of:

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

These two learning methods allow individuals to study on their own time and may help them get to the next level of wellness.

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

Members can earn 1,000 Blue Points once per quarter when they complete a digital self-management program. They may redeem points in our expanded online shopping mall for merchandise.

## Easy to Learn

Interactive and educational programs are developed in an easy-to-learn format. Content addresses topics that are preventive in nature and 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 put forth by the U.S. Department of Health and Human Services. A certificate of completion is available upon successful completion of any program.

## Easy to Access

The programs are easy to access through the Well onTarget Member Wellness Portal at [wellontarget.com](https://www.wellontarget.com). Members can also use the Well onTarget mobile app, AlwaysOn, to register for the Digital Self-Management Programs.

# Program Descriptions

Some programs are interactive and members can create daily habits to track as part of the program. Midpoint and final assessments check the effectiveness of the daily habits and may help members progress toward their goals. Other programs are educational, with information about symptoms, causes, available treatment options and lifestyle changes. Each day, members will find an additional resource such as a video, article, podcast or links to external communities and resources.

## Interactive Programs (Six weeks)

### Managing Your Stress

This program is for those with high levels of unmanaged stress. The program uses cognitive-behavioral strategies and relaxation techniques to help members manage their stress effectively.

### Quitting Tobacco

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

### Achieving Your Healthy Weight

Members will learn about behavioral and environmental factors that influence and contribute to unhealthy weight gain.

### Maintaining Your Healthy Weight

For those who want to maintain a healthy weight, they will learn about lifestyle factors that influence weight including nutrition, physical activity, stress and sleep.

### Nutrition For Better Health

For anyone who wants to improve their health and reduce the risk of major chronic diseases through proper nutrition and healthy eating habits.

### Enhancing Your Physical Activity

Members will learn ways to enhance their fitness levels by being more active in their daily lives.

### Improving Your Blood Pressure

Members with hypertension will benefit from this program by learning about management of high blood pressure through healthy behaviors such as weight control, physical activity, good dietary choices, quitting tobacco and managing stress.

### Improving Your Oral Health

Oral health is something many take for granted. Members will learn how important oral health is to their overall well-being, help them understand more about common oral conditions, treatments and learn how to attain or maintain good oral health.

### Improving Your Sleep

Individuals will learn about healthy sleep patterns, how to identify personal barriers to a restful sleep and how to implement healthy sleep habits.

### Living With Diabetes

Content is inspired by the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Program curriculum and addresses lifestyle factors related to diet, physical activity, sleep and regular medical care.

### Staying Tobacco Free

After quitting tobacco, staying tobacco-free is a daily effort. The program addresses the complex physical, psychological and socio-cultural factors that influence an individual's desire to use tobacco products. Key components of this program are trigger avoidance and social support.

### Financially Fit

This financial program is for those who want to learn more about financial wellness, but is especially geared toward those who are experiencing some level of stress related to their personal finances. It guides individuals through the basics of building a financial wellness plan including: defining financial goals, evaluating your financial situation, reviewing your monthly expenses, eliminating debt, saving for the future and planning for retirement.



**WITH WELL ONTARGET® DIGITAL SELF-MANAGEMENT PROGRAMS, MEMBERS CAN LEARN ABOUT STEPS TO HELP CHANGE HABITS THAT ARE KEEPING THEM FROM A HEALTHY LIFESTYLE.**

# Program Descriptions

## Educational Programs (Six lessons in each program)

### Healthy Bones and Joints

The musculoskeletal disorders program is for anyone who is experiencing bone and joint issues or who has been diagnosed with conditions such as osteopenia, osteoporosis and osteoarthritis. It provides education on these issues and promotes lifestyle changes for risk factors including diet, physical activity, fall prevention strategies, tobacco and alcohol use and medication adherence.

### Improving Your Cholesterol

For anyone who has high cholesterol and wants to lower it, they will be guided in developing lasting lifestyle changes that have been shown to keep cholesterol in check. Members will learn about weight, nutrition, physical activity and tobacco as they relate to cholesterol.

### Managing Your Metabolic Syndrome

Members who have the condition, or who are at risk for developing it, will discover more about methods to improve their health. The 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 High-Density Lipoprotein (HDL).

### Preventive Health: Reducing Your Risks

This program is for everyone who wants to make good health choices in their daily lives. Participants will learn about screenings, immunizations and lifestyle changes that can help reduce health risks from heart disease, cancer, stroke, chronic obstructive pulmonary disease (COPD) and diabetes.

### Preventing Diabetes

Designed for individuals who are at risk for developing diabetes or who have already been diagnosed with the condition, this program is inspired by the CDC's Diabetes Prevention Program curriculum and addresses lifestyle factors related to diet, physical activity, sleep and regular medical care.

### Living With Asthma

The content of this program promotes education about asthma as well as getting regular medical care and controlling symptoms and environmental factors that worsen asthma. It also addresses exercise for individuals with well-controlled asthma.

### Living With Chronic Obstructive Pulmonary Disease (COPD)

Designed for individuals who have been diagnosed with the condition, they will receive general education on COPD that addresses lifestyle modifications that can improve quality of life including those related to diet, tobacco cessation and medical treatment adherence.

### Living With Congestive Heart Failure (CHF)

The congestive heart failure (CHF) content is designed for individuals who want to know more about the disease and lifestyle modifications that can improve quality of life, including diet, physical activity, weight management, stress management, sleep, tobacco and alcohol use and other special considerations for those living with CHF.

### Living With Coronary Artery Disease (CAD)

The CAD program addresses lifestyle modifications that can improve quality of life including those related to diet, physical activity, weight management, stress management and tobacco use.

### Healthy Pregnancy (Five Programs)

Five programs include: Pre-pregnancy, First Trimester, Second Trimester, Third Trimester and Post Pregnancy. 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 with a goal to optimize the health and normal development of mothers and their babies.



**CALL YOUR ACCOUNT REPRESENTATIVE FOR MORE INFORMATION.**

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.

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

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