



Health and Wellness Solutions at Your Fingertips

As a health plan member of Blue Cross and Blue Shield of Montana, you have access to a suite of health and wellness solutions to help you live your healthiest life **at no extra cost to you.**

Health and Wellness Portal

Well onTarget® is your one-stop portal for health and wellness resources, tools, self-management programs, coaching, fitness tracking, and more. Start by taking a health assessment and get a personal and confidential wellness report and tips to help you reach your health goals.

Visit myBlueElementMT.com, log in and click the **Health and Wellness Portal** link under My Links to take your health assessment today.



Digital Women's and Family Health

Whether you want support for fertility, pregnancy, or parenting, Ovia Health offers three apps that can help you along the way. To enroll, scan the QR code and select the app that's right for you.

Ovia®— Support for reproductive health, menopause, fertility, and having your healthiest, happiest pregnancy

Ovia® Parenting — Resources for family and working parents



Scan this QR code to enroll in Ovia Health.

Connect with Behavioral Health Care

Get matched with the right behavioral and mental health provider for your clinical needs and personal preferences and book your in-person or virtual appointment within 48 hours.

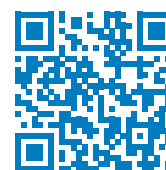
To get started, visit headway.co, add your health benefit plan details and select an appointment slot.

Chronic Condition Management Plus

Get support for Diabetes Management, Hypertension Management, and Diabetes Prevention with personalized guidance and care plans. Depending on your eligibility, you may see communications for one or more of these programs. Upon enrollment, you'll get support and tools for the programs that fit your needs.

Virtual Physical Therapy

You and eligible family members can access exercise therapy tailored to your needs, technology for instant feedback in the app, a personal coach and physical therapist. Hinge Health will reach out to eligible members with program details and next steps. Scan the QR code or visit hingehealth.com/for-individuals/ to learn more.



Scan this QR code to learn more about Hinge Health.

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Headway is a separate company that has contracted with Blue Cross and Blue Shield of Montana to provide behavioral health management for members with coverage through BCBSMT. Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide an online musculoskeletal program for members with coverage through BCBSMT.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide maternity and family benefits solutions for members with coverage through BCBSMT.

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

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