



BlueCross BlueShield
of Montana

AlwaysOn[®] Takes Wellness On the Go



Well onTarget[®] makes it easy for your employees to fit wellness into their schedule by offering the AlwaysOn Wellness app.

Features to Meet Wellness Needs

The AlwaysOn Wellness mobile app has a wide variety of easy-to-use, intuitive features that allow members to:

- Take their Health Assessment*
- Set personal health and wellness goals and track their progress
- Connect with a wellness coach through secure messaging** or by using the click-to-call feature
- Take an online educational program
- View their Blue Points^{SM***} balance
- Track data synced from more than 80 fitness devices and apps

Seamless Integration with the Well onTarget Member Portal

All Well onTarget members have access to the mobile app. The app is fully integrated with the Well onTarget portal. Plus, it automatically syncs Well onTarget activity.

Questions about the app or the Well onTarget program?

Contact your Account Representative.

Whether your employees are trying to lower their cholesterol, manage stress, fit more exercise into their daily routine or find other ways to reach their wellness goals, the Well onTarget AlwaysOn mobile app can help.

The mobile app is available for iPhone[®] and Android[™] smartphones. It can help them regularly connect with their wellness program, work on their goals and stay inspired — anytime and anywhere.

Well onTarget[®]

* Well onTarget is a voluntary wellness program available to all employees and dependents age 18 or older. Completion of the Health Assessment is not required for participation in the program.

** Standard rates may apply. Your employees should check with their carrier.

*** Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further 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.

The AlwaysOn mobile app is owned and operated by Onlife Health Inc. Onlife Health Inc. is an independent company that provides digital health management for Blue Cross and Blue Shield of Montana.

Luminare Health is a separate company that has contracted with Blue Cross and Blue Shield of Montana to administer some products and services under the Alternative Delivery Model.

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