

AlwaysOn Takes Wellness On the Go



Well onTarget® makes it easy to fit wellness into your schedule with the AlwaysOn Wellness app.

Meet Your Wellness Needs

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

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

Syncs with Well onTarget Portal

The app automatically syncs with Well onTarget activity.

To get started, just follow these steps:

1. If you haven't registered on the Well onTarget portal, go to wellontarget.com and register.
2. Download the AlwaysOn Wellness mobile app in the Apple or Google store.
3. Open the app and click on "Create an Account."
4. Follow the prompts to verify information from your member ID card.

Questions about the app or the Well onTarget program?

Call Customer Service at 877-806-9380.

The mobile app is available for iPhone® and Android™ smartphones. It can help you regularly connect with your wellness program, work on goals and stay inspired — anytime and anywhere. Visit the app stores to download the app.

* Well onTarget is a voluntary wellness program available to all employees. Completion of the Health Assessment is not required for participation in the program.

** Standard rates may apply. Check with your carrier.

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