



# Blue365

## A Discount Program for You



Blue365 is just one more advantage you have by being a Blue Cross and Blue Shield of Illinois (BCBSIL) member. With this program, you may save money on health and wellness products and services from top retailers that are not covered by insurance. There are no claims to file and no referrals or preauthorizations.

Once you sign up for Blue365 at [blue365deals.com/bcbsil](http://blue365deals.com/bcbsil), weekly "Featured Deals" will be emailed to you. These deals offer special savings for a short period of time.

### Below are some of the ongoing deals offered through Blue365.

#### EyeMed<sup>®</sup> | Davis Vision<sup>®</sup>

You can save on eye exams, eyeglasses, contact lenses and accessories. You have access to national and regional retail stores and local eye doctors. You may also get possible savings on laser vision correction.

#### TruHearing<sup>®</sup> | Beltone<sup>™</sup> | Start Hearing

You could get savings on hearing tests, evaluations and hearing aids. Discounts may also be available for your immediate family members.

#### Dental Solutions<sup>SM</sup>

You could get dental savings with Dental Solutions. You may receive a dental discount card that provides access to discounts of up to 50% at more than 70,000 dentists and more than 254,000 locations.\*

#### Jenny Craig<sup>®</sup> | Sun Basket | Nutrisystem<sup>®</sup>

Help reach your weight loss goals with savings from leading programs. You may save on healthy meals, membership fees (where applicable), nutritional products and services.

See all the Blue365 deals and learn more at [blue365deals.com/bcbsil](http://blue365deals.com/bcbsil).



### Fitbit®

You can customize your workout routine with Fitbit's family of trackers and smartwatches that can be employed seamlessly with your lifestyle, your budget and your goals. You'll get a 20% discount on Fitbit devices plus free shipping.

### Reebok | SKECHERS®

Reebok, a trusted brand for more than 100 years, makes top athletic equipment for all people, from professional athletes to kids playing soccer. Get 20% off select models. SKECHERS, an award-winning leader in the footwear industry, offers exclusive pricing on select men's and women's styles. You can get 30% off plus free shipping for your online orders.

### InVite® Health

InVite Health offers quality vitamins and supplements, educational resources and a team of health care experts for guidance to select the correct product at the best value. Get 50% off the retail price of non-genetically modified microorganism (non-GMO) vitamins and supplements and a free Midnight Bright Black Coconut Charcoal Tooth Polish with a \$25 purchase.

### Livekick

Livekick is the future of private fitness. Choose from training or yoga over live video with a private coach. Get fit and feel healthier with action-packed 30-minute sessions that you can do from home, your gym or your hotel while traveling. Get a free two-week trial and 30% off a monthly plan on any Live Online Personal Training.

### eMindful

Get up to a 50% discount on any of eMindful's live streaming or recorded premium courses. Apply mindfulness to your life including stress reduction, mindful eating, chronic pain management, yoga, Qigong movements and more.

**For more great deals or to  
learn more about Blue365,  
visit [blue365deals.com/bcsil](https://blue365deals.com/bcsil).**

The relationship between these vendors and Blue Cross and Blue Shield of Illinois (BCBSIL) is that of independent contractors. BCBSIL makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

\* Dental Solutions requires a \$9.95 signup and \$6 monthly fee.

Blue365 is a discount program only for BCBSIL members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. You should check your benefit booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are given only through vendors that take part in this program and may be subject to change. BCBSIL does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSIL reserves the right to stop or change this program at any time without notice.



# Experience a New Kind of Wellness — Log In to the Well onTarget Portal

Well onTarget is designed to give you the support you need to make healthy lifestyle choices — and reward you for your hard work.

## MEMBER WELLNESS PORTAL

The Well onTarget Wellness Portal uses the latest technology to give you the tools you need for better health. Your wellness journey begins with a suggested list of activities based on the information you provided in the Health Assessment.\* Now you have a step-by-step plan to guide you on the way to living your best life. The suite of programs and tools include:

- **Digital Self-management Programs:** Learn about nutrition, fitness, weight loss, quitting smoking, managing stress and more!
- **Health and Wellness Library:** The health library has useful articles, podcasts and videos on health topics that are important to you.
- **Blue Points<sup>SM</sup> Program:\*\*** Earn points for wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- **Tools and Trackers:** These interactive resources help keep you on track while making wellness fun.
- **Health Assessment:** Answer some questions to learn more about your health and receive a personal wellness report.
- **Fitness Tracking:** Get Blue Points for tracking activity with popular fitness devices and mobile apps.
- **Nutrition Help:** Members can choose a nutrition app to connect and monitor their food intake via the [View Nutrition](#) page. Enter calorie targets, carbs, fats, protein and more. Apps include Fitbit, MyFitnessPal and others.
- **Personal Challenges:** Join a personal challenge to help you reach your goals. There are over 30 challenges, so you can choose the best one to fit your wellness journey. Topics include stress, sleep, physical activity and more!

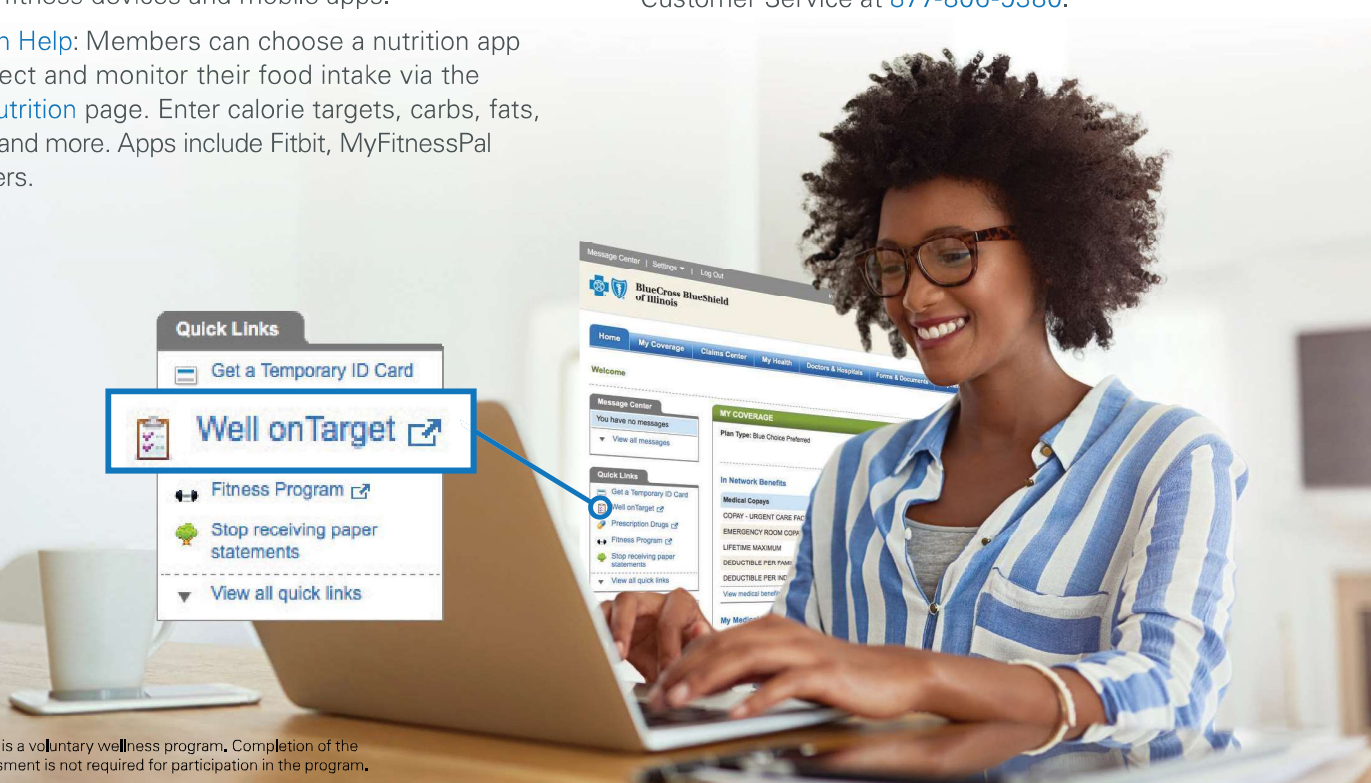
## HOW TO ACCESS THE PORTAL

Use your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account:

- Log in to BAM at [bcbsil.com/members](http://bcbsil.com/members). If this is your first time logging in, you will need to register your account. Click [Register Now](#) on the login screen.
- Once you are in BAM, click on the [Well onTarget](#) link on the left side of the screen. You will be taken to the portal.

## QUESTIONS?

If you have any questions about Well onTarget, call Customer Service at [877-806-9380](tel:877-806-9380).



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

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



# 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
- View your Blue Points<sup>SM\*\*\*</sup> balance
- 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](http://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<sup>®</sup> and Android<sup>™</sup> 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.

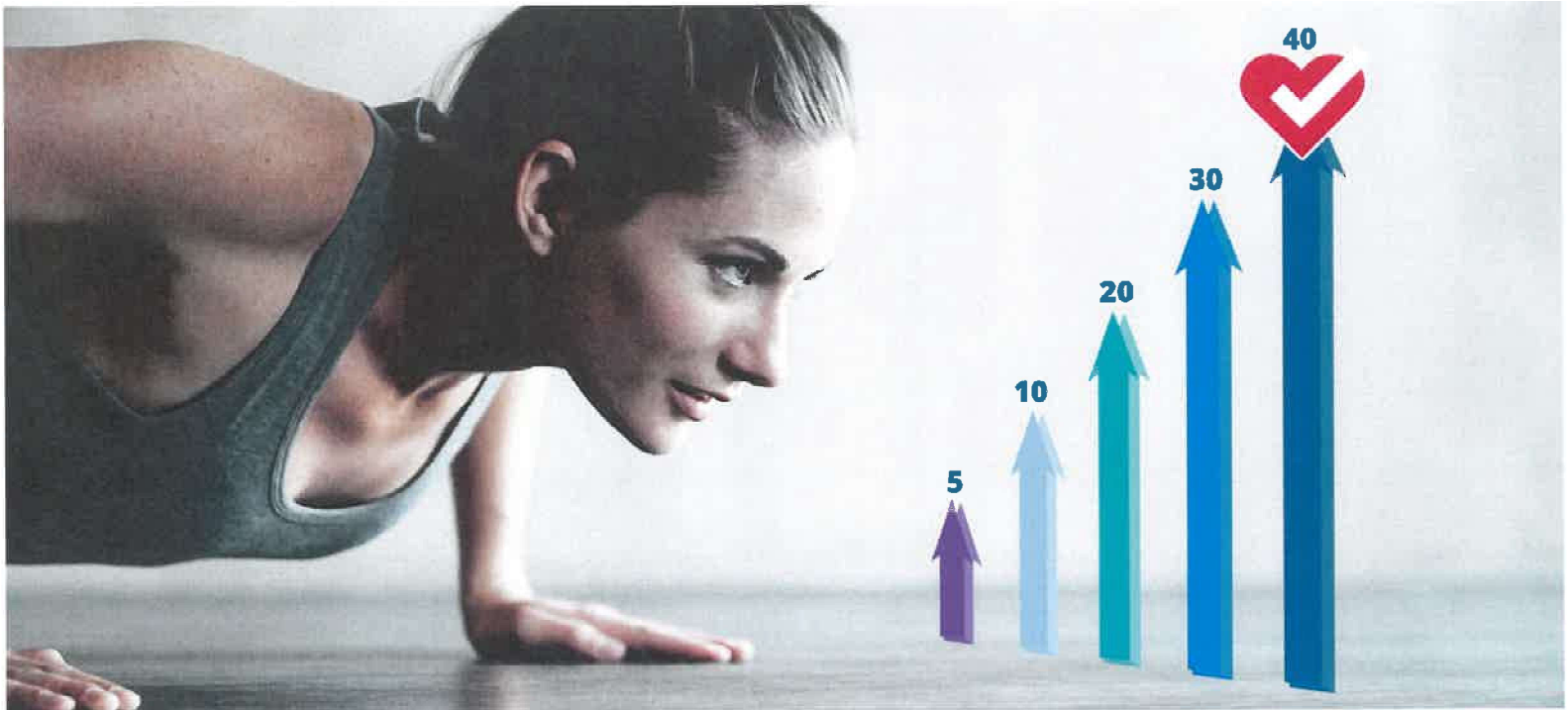
\*\* Standard rates may apply. Check with your carrier.

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AlwaysOn is owned and operated by Onlife Health Inc. an independent company that provides digital health management for members with coverage through Blue Cross and Blue Shield of Illinois. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.







# Make Your Fitness Program Membership Work for You

## The Fitness Program gives you flexible options to help you live a healthy lifestyle.

Since you are a Blue Cross and Blue Shield of Illinois (BCBSIL) member, the Fitness Program is available exclusively to you and your covered dependents (age 16 and older).\* The program gives you access to a nationwide network of fitness locations. Choose one location close to home and one near work, or visit locations while traveling.

### Other program perks include:

- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.\*\*

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size†	Digital Access Only	3,000	7,500	12,000	12,400
<b>\$19 Initiation Fee (No initiation fee for Digital Only Option)</b>					

- **Studio Class Network:** Boutique-style classes and specialty gyms with pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

† Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.



## Features

- **Mobile App:** Allows members to access location search, studio class registration, location check-in and activity history.  
Check out the Well onTarget Fitness mobile app, available from Apple® or Google Play™. It can help you work on your fitness goals — anytime and anywhere.
- **Real-time Data:** Provided to the mobile app and Well onTarget portals.
- **Complementary and Alternative Medicine (CAM) Discounts Through the WholeHealth Living Choices Program:** Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at [www.whlchoices.com](http://www.whlchoices.com).
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.\*\*\*
- **Web Resources:** You can go online to find fitness locations and track your visits.

- **Digital Fitness:** Stay active from the comfort of your own home. Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre, yoga, and more through an online platform. Digital access is included with Base, Core, Power and Elite memberships. You can also join the Digital Only plan option if only interested in access to digital fitness options.

## Are You Ready for Fitness?

### It's easy to sign up:

1. Go to [bcbsil.com](http://bcbsil.com) and log in to Blue Access for Members<sup>SM</sup>.
2. Select the Wellness tab on the top navigation bar of the Dashboard page. Then scroll down to the Fitness Program section and click on **Learn More**.
3. Complete registration form.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Prefer to sign up by phone or have questions about the Fitness Program? Just call the toll-free number 888-762-BLUE (2583) Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

## Find fitness buddies, take a digital class and try something new!

Join the Fitness Program today to help you reach your health and wellness goals.



\*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

\*\*Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

\*\*\*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 Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The WholeHealth Living Choices program is administered by Tivity Health™ Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Illinois is that of independent contractors.

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.

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## Go Ahead. Make Your Day!

### Use Your Health and Wellness Programs to Help You Live Better

Taking one, small, first step can set you on a path to better health throughout your life. Whether you need support for a specific health issue or you're looking to boost your overall wellbeing, you'll have help along the way. Here are a few things you can do with the tools included with your Blue Cross and Blue Shield of Illinois plan:

- Improve your mental health with digital programs for stress, depression, sleep problems and substance use
- Get help to manage your diabetes, high blood pressure or joint and spine pain
- Join a weight-loss program
- Download apps for support with fertility, pregnancy and parenting issues
- Talk with a nurse, any time, day or night
- Work with a coach or complete online programs to help reach your wellness goals
- Earn rewards for healthy activities
- Access a nationwide network of fitness centers\*



#### Learn more about your health and wellness programs:

1. Go to [bcbsil.com](https://bcbsil.com).
2. Register for Blue Access for Members<sup>SM</sup>.
3. Click the Wellness tab.

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns.

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Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



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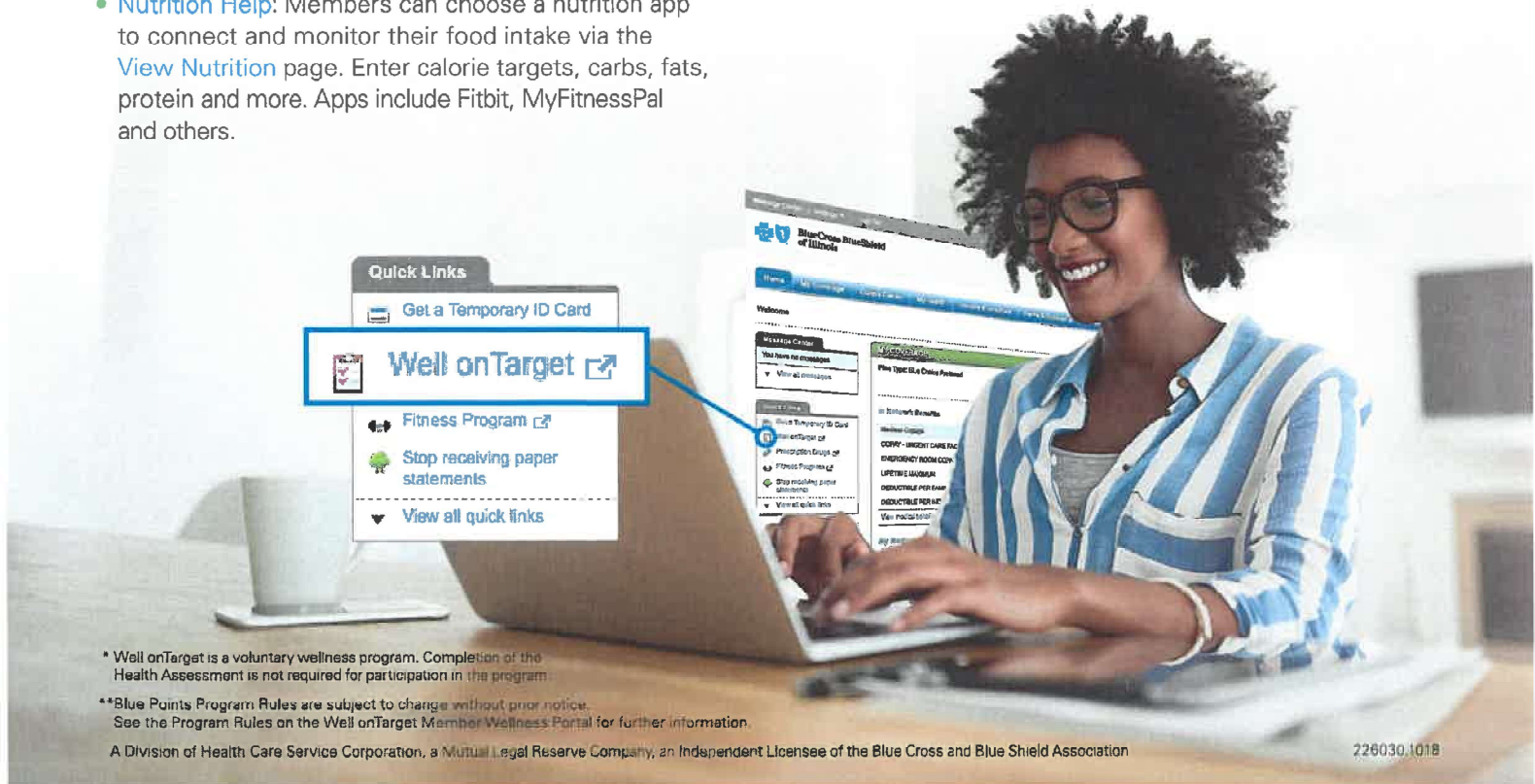
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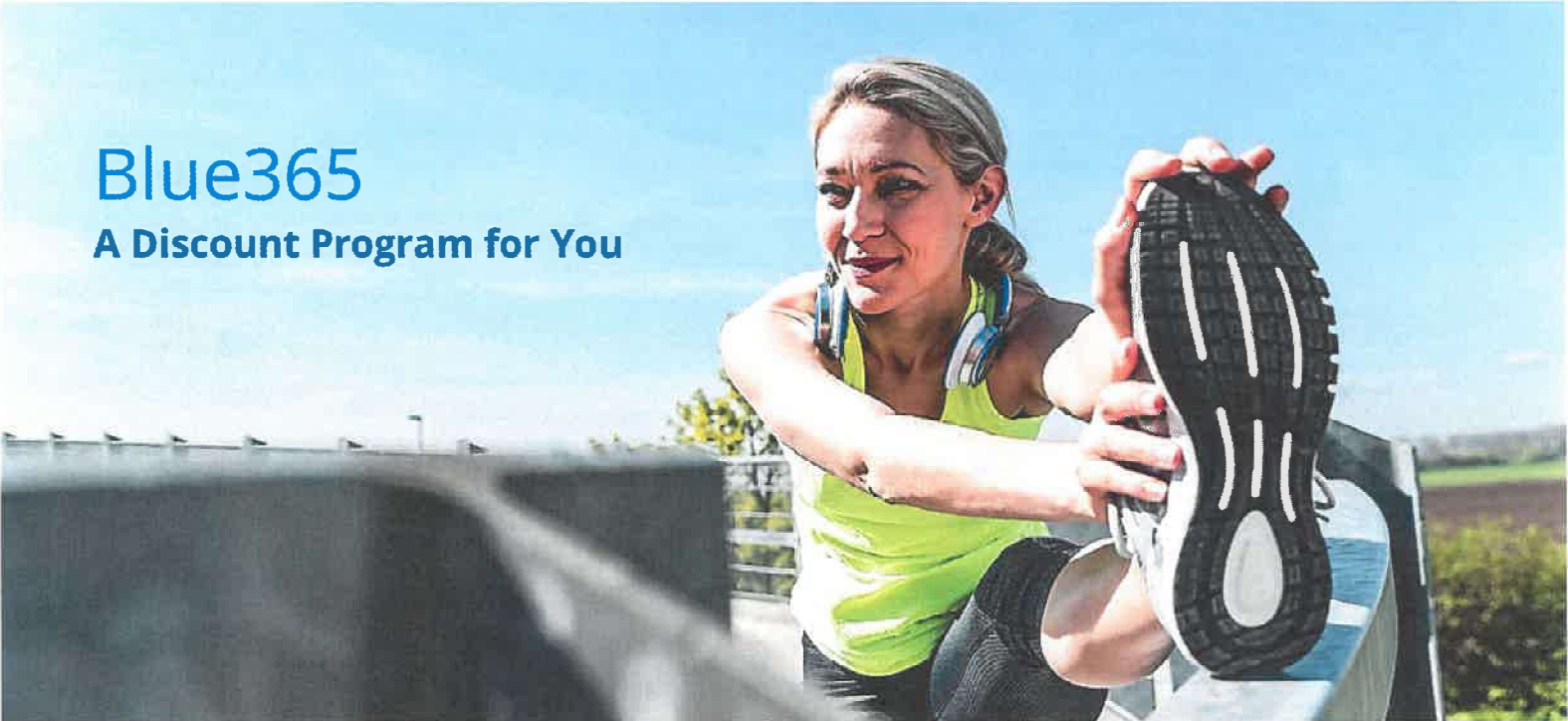
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#### **Dental Solutions<sup>SM</sup>**

You could get dental savings with Dental Solutions. You may receive a dental discount card that provides access to discounts of up to 50% at more than 70,000 dentists and more than 254,000 locations.\*

#### **Jenny Craig® | Sun Basket | Nutrisystem®**

Help reach your weight loss goals with savings from leading programs. You may save on healthy meals, membership fees (where applicable), nutritional products and services.

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You can customize your workout routine with Fitbit's family of trackers and smartwatches that can be employed seamlessly with your lifestyle, your budget and your goals. You'll get a 20% discount on Fitbit devices plus free shipping.

### Reebok | SKECHERS®

Reebok, a trusted brand for more than 100 years, makes top athletic equipment for all people, from professional athletes to kids playing soccer. Get 20% off select models. SKECHERS, an award-winning leader in the footwear industry, offers exclusive pricing on select men's and women's styles. You can get 30% off plus free shipping for your online orders.

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# Clinically-proven weight loss without counting calories

Now you can lose weight, gain energy, sleep better, and improve your mind and body—all while eating your favorite foods.

Your employer has partnered with Wondr Health™ to help you improve your health at no cost to you.\*

Go to [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)



## What is Wondr?

### No points, plans, or counting calories

Forget eating kale salads 24/7; Wondr is a skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science-based program was created by a team of doctors and clinicians (which is why we left out the “e” in Wondr) and is clinically-proven for lasting results.

\*To learn more and join the waitlist, visit: [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)

### LET'S TALK RESULTS



## In as little as 10 weeks:

84%



LOST WEIGHT

62%



FEEL MORE CONFIDENT

61%



HAVE MORE ENERGY

68%



ARE MORE PHYSICALLY ACTIVE

85%



FEEL MORE IN CONTROL OF THEIR WEIGHT

57%



FEEL THEIR MOOD HAS IMPROVED

\*Based on Wondr Health Book of Business



# What to expect



**Learn more or apply at [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL).**

Application period not open yet? Join our waitlist.



**You'll receive a Welcome Kit** to kick off the program after your application's been accepted.



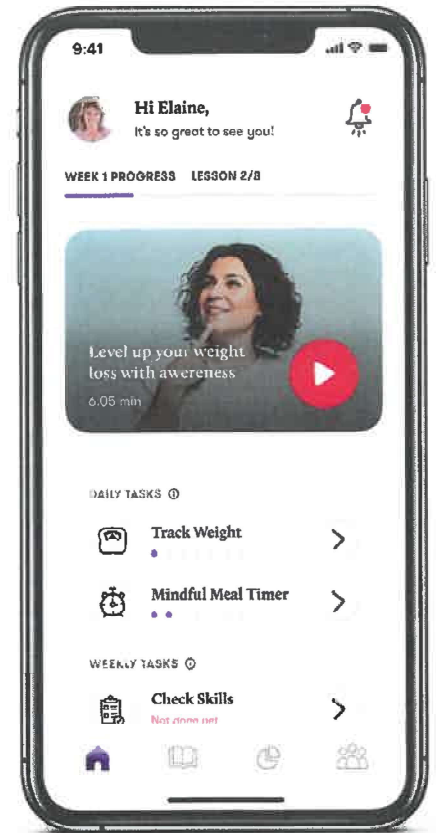
**Sign in online or on our mobile app** (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.



**Watch our weekly master classes.** On your start date, you can sign in to view your Week 1 videos and start your journey to better overall health.



**Learn life-changing skills during the program's first phase—WondrSkills™**, then move to the skill reinforcement phase—WondrUp™, and keep the momentum going in the skill maintenance phase—WondrLast™.



Questions? Visit [support.wondrhealth.com](https://support.wondrhealth.com).



**"I love the whole idea of the psychology of things. I like to look in the why's and how it works. You can eat whatever you want. You just need to retrain your brain into thinking about how you need to eat your food."**

**—Brad M.**  
WONDR PARTICIPANT

LOST  
**70** lbs

GAINED  
Confidence



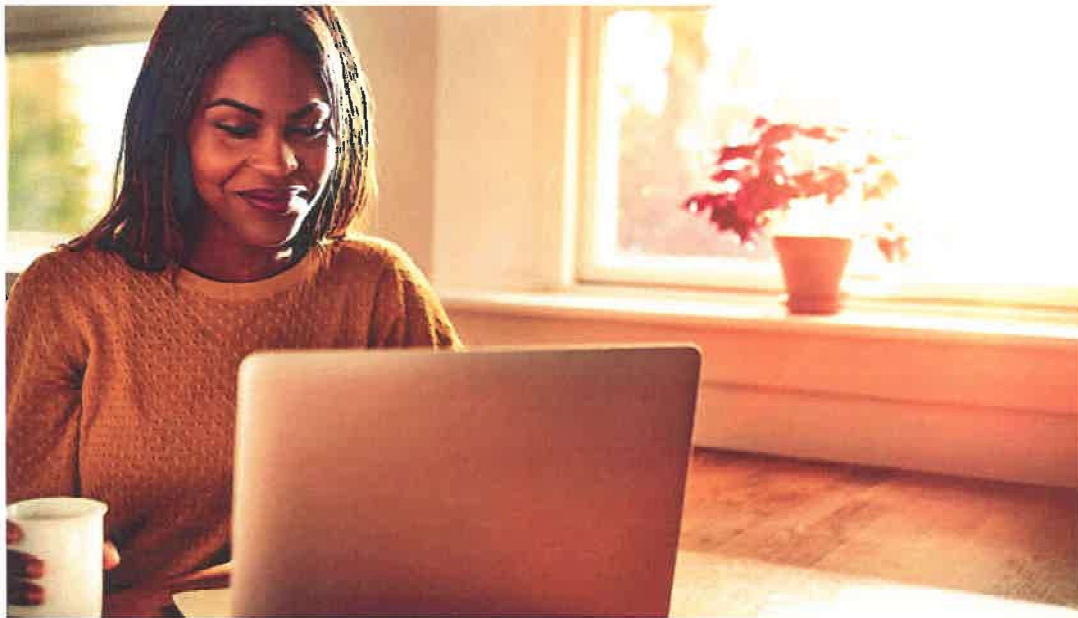
BlueCross BlueShield of Illinois

Blue365.



## Save 50% on Mindfulness Subscriptions for One Year

♥ 2.7k | [Personal Care](#)



### The Offer

#### Improve Your Mental Health with Unlimited Access to Live, Expert Teachers With Interactive, Online Mindfulness Sessions

Building new skills to protect your mental health is one of the best strategies you can use to maintain great health and performance in every area of your life. As part of your Blue 365 membership, you are eligible for a 50% discount on eMindful’s mindfulness solution, eM Life, with proven programs that help with everything from anxiety, sleep improvement, parenting, managing financial stress, weight loss, and more.

eM Life includes unlimited access to live, expert teachers, with interactive, online mindfulness sessions available multiple times every day of the week, and hundreds of hours of on-demand content on a variety of topics and health concerns. Programs are available in English, Spanish (as of June 1, 2022) and French Canadian.

The programs have consistently delivered positive results for over 12 years, and will help you manage stress and anxiety, improve focus, and enhance your overall well-being. Explore eM Life today.

Choose from two different subscriptions:

SIGN IN/JOIN TO REDEEM

- 50% discount on Immersive, long form chronic condition programs
- Unlimited access to free on demand programs
- Applied Program purchases
- Enhanced on demand purchases
- Regular price is \$9.99 per month or \$99 per year. Blue365 members pay **\$5.00 per month** or **\$49.50 for the first year**
- **Grow** subscription includes:
  - All benefits from Sprout
  - Unlimited use of daily live and on demand programs
  - Unlimited access to Applied Programs
  - All features of eM Life
  - Regular price is \$360.00 per year. Blue365 members pay **\$180 for the first year**

## The Terms

- This 50% offer applies to eMindful's subscription plans.
- Month-to-month subscribers may cancel at anytime for any reason at their sole discretion, after which future recurring payments will no longer be charged and access will end at the end of your current term month. Annual subscribers have a money back guarantee for seven days from the date of sign up or renewal, after which no pro-rated refunds will be given. Monthly and Annual subscribers can cancel via your online profile. To request a refund, please send an email to [support@eMindful.com](mailto:support@eMindful.com). Course fees will not be refunded once you are within three hours of the class start time. Read eMindful's full [refund and cancellation policy](#) for additional details.
- eM Life is a registered trademark of eMindful Inc.
- This offer is only available on the Blue365 website.
- Other important Terms and Conditions apply. Read our [disclosure statement](#), [terms of use](#), and [privacy policy](#) before proceeding further.

# 50% OFF

Sprout \$99.00 \$49.50/year  
Grow \$360.00 \$180/year

[SIGN IN/JOIN TO REDEEM](#)

## What is Blue365?

Blue365 offers premier health and wellness discounts and is free to join. These exclusive discounts are available to members of select BCBS organizations (e.g. BCBS of North Carolina). Check if you are eligible to join today!

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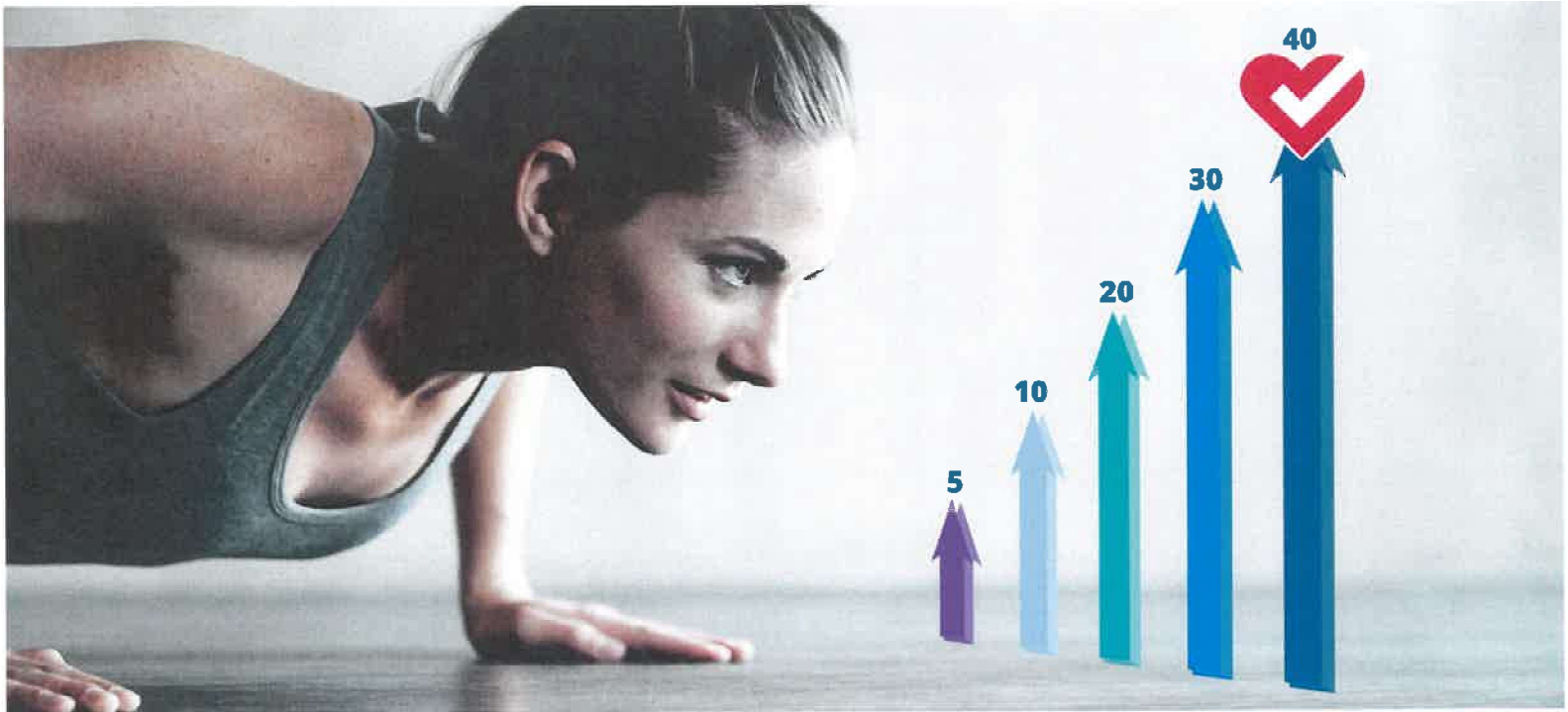
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Since you are a Blue Cross and Blue Shield of Illinois (BCBSIL) member, the Fitness Program is available exclusively to you and your covered dependents (age 16 and older).\* The program gives you access to a nationwide network of fitness locations. Choose one location close to home and one near work, or visit locations while traveling.

### Other program perks include:

- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.\*\*

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size†	Digital Access Only	3,000	7,500	12,000	12,400
<b>\$19 Initiation Fee (No initiation fee for Digital Only Option)</b>					

- **Studio Class Network:** Boutique-style classes and specialty gyms with pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

† Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

## Features

- **Mobile App:** Allows members to access location search, studio class registration, location check-in and activity history.  
Check out the Well onTarget Fitness mobile app, available from Apple® or Google Play™. It can help you work on your fitness goals — anytime and anywhere.
- **Real-time Data:** Provided to the mobile app and Well onTarget portals.
- **Complementary and Alternative Medicine (CAM) Discounts Through the WholeHealth Living Choices Program:** Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at [www.whlchoices.com](http://www.whlchoices.com).
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.\*\*\*
- **Web Resources:** You can go online to find fitness locations and track your visits.

- **Digital Fitness:** Stay active from the comfort of your own home. Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre, yoga, and more through an online platform. Digital access is included with Base, Core, Power and Elite memberships. You can also join the Digital Only plan option if only interested in access to digital fitness options.

## Are You Ready for Fitness?

### It's easy to sign up:

1. Go to [bcbsil.com](http://bcbsil.com) and log in to Blue Access for Members<sup>SM</sup>.
2. Select the Wellness tab on the top navigation bar of the Dashboard page. Then scroll down to the Fitness Program section and click on **Learn More**.
3. Complete registration form.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Prefer to sign up by phone or have questions about the Fitness Program? Just call the toll-free number 888-762-BLUE (2583) Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

## Find fitness buddies, take a digital class and try something new!

Join the Fitness Program today to help you reach your health and wellness goals.



\*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

\*\*Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

\*\*\*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 Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The WholeHealth Living Choices program is administered by Tivity Health™ Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Illinois is that of independent contractors.

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.

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

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## Go Ahead. Make Your Day!

### Use Your Health and Wellness Programs to Help You Live Better

Taking one, small, first step can set you on a path to better health throughout your life. Whether you need support for a specific health issue or you're looking to boost your overall wellbeing, you'll have help along the way. Here are a few things you can do with the tools included with your Blue Cross and Blue Shield of Illinois plan:

- Improve your mental health with digital programs for stress, depression, sleep problems and substance use
- Get help to manage your diabetes, high blood pressure or joint and spine pain
- Join a weight-loss program
- Download apps for support with fertility, pregnancy and parenting issues
- Talk with a nurse, any time, day or night
- Work with a coach or complete online programs to help reach your wellness goals
- Earn rewards for healthy activities
- Access a nationwide network of fitness centers\*



#### Learn more about your health and wellness programs:

1. Go to [bcbsil.com](http://bcbsil.com).
2. Register for Blue Access for Members<sup>SM</sup>.
3. Click the Wellness tab.

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns.

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# Experience a New Kind of Wellness — Log In to the Well onTarget Portal

Well onTarget is designed to give you the support you need to make healthy lifestyle choices — and reward you for your hard work.

## MEMBER WELLNESS PORTAL

The Well onTarget Wellness Portal uses the latest technology to give you the tools you need for better health. Your wellness journey begins with a suggested list of activities based on the information you provided in the Health Assessment.\* Now you have a step-by-step plan to guide you on the way to living your best life. The suite of programs and tools include:

- **Digital Self-management Programs:** Learn about nutrition, fitness, weight loss, quitting smoking, managing stress and more!
- **Health and Wellness Library:** The health library has useful articles, podcasts and videos on health topics that are important to you.
- **Blue Points<sup>SM</sup> Program:\*\*** Earn points for wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- **Tools and Trackers:** These interactive resources help keep you on track while making wellness fun.
- **Health Assessment:** Answer some questions to learn more about your health and receive a personal wellness report.
- **Fitness Tracking:** Get Blue Points for tracking activity with popular fitness devices and mobile apps.
- **Nutrition Help:** Members can choose a nutrition app to connect and monitor their food intake via the [View Nutrition](#) page. Enter calorie targets, carbs, fats, protein and more. Apps include Fitbit, MyFitnessPal and others.
- **Personal Challenges:** Join a personal challenge to help you reach your goals. There are over 30 challenges, so you can choose the best one to fit your wellness journey. Topics include stress, sleep, physical activity and more!

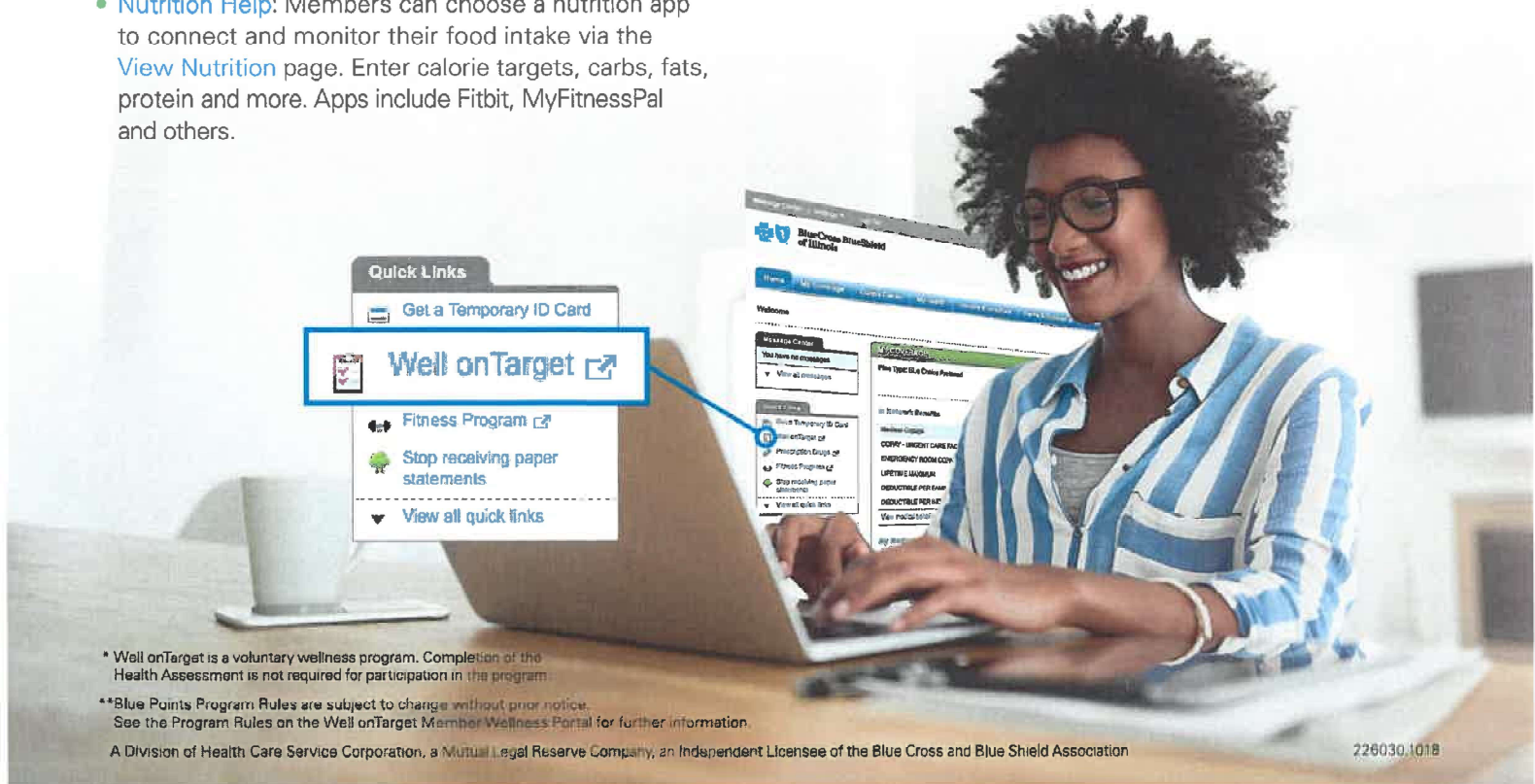
## HOW TO ACCESS THE PORTAL

Use your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account:

- Log in to BAM at [bcbsil.com/members](http://bcbsil.com/members). If this is your first time logging in, you will need to register your account. Click [Register Now](#) on the login screen.
- Once you are in BAM, click on the [Well onTarget](#) link on the left side of the screen. You will be taken to the portal.

## QUESTIONS?

If you have any questions about Well onTarget, call Customer Service at [877-806-9380](tel:877-806-9380).



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# Clinically-proven weight loss without counting calories

Now you can lose weight, gain energy, sleep better, and improve your mind and body—all while eating your favorite foods.

Your employer has partnered with Wondr Health™ to help you improve your health at no cost to you.\*

Go to [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)



## What is Wondr?

### No points, plans, or counting calories

Forget eating kale salads 24/7; Wondr is a skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science-based program was created by a team of doctors and clinicians (which is why we left out the “e” in Wondr) and is clinically-proven for lasting results.

\*To learn more and join the waitlist, visit: [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)

### LET'S TALK RESULTS



## In as little as 10 weeks:

84%

LOST WEIGHT

62%

FEEL MORE CONFIDENT

61%

HAVE MORE ENERGY

68%

ARE MORE PHYSICALLY ACTIVE

85%

FEEL MORE IN CONTROL OF THEIR WEIGHT

57%

FEEL THEIR MOOD HAS IMPROVED

\*Based on Wondr Health Book of Business



# What to expect



**Learn more or apply at [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL).**

Application period not open yet? Join our waitlist.



**You'll receive a Welcome Kit** to kick off the program after your application's been accepted.



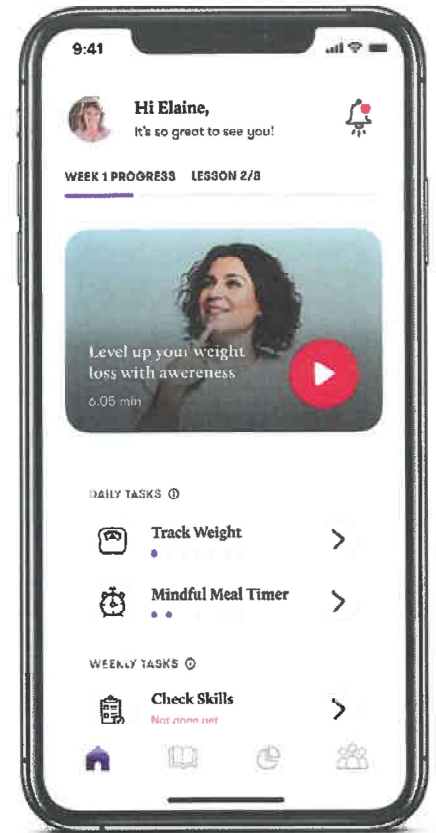
**Sign in online or on our mobile app** (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.



**Watch our weekly master classes.** On your start date, you can sign in to view your Week 1 videos and start your journey to better overall health.



**Learn life-changing skills during the program's first phase—WondrSkills™**, then move to the skill reinforcement phase—WondrUp™, and keep the momentum going in the skill maintenance phase—WondrLast™.



Questions? Visit [support.wondrhealth.com](https://support.wondrhealth.com).



**"I love the whole idea of the psychology of things. I like to look in the why's and how it works. You can eat whatever you want. You just need to retrain your brain into thinking about how you need to eat your food."**

**—Brad M.**  
WONDR PARTICIPANT

LOST  
**70** lbs

GAINED  
Confidence



## Blue365

### A Discount Program for You

Blue365 is just one more advantage you have by being a Blue Cross and Blue Shield of Illinois (BCBSIL) member. With this program, you may save money on health and wellness products and services from top retailers that are not covered by insurance. There are no claims to file and no referrals or preauthorizations.

Once you sign up for Blue365 at [blue365deals.com/bcbsil](http://blue365deals.com/bcbsil), weekly "Featured Deals" will be emailed to you. These deals offer special savings for a short period of time.

#### **Below are some of the ongoing deals offered through Blue365.**

##### **EyeMed® | Davis Vision®**

You can save on eye exams, eyeglasses, contact lenses and accessories. You have access to national and regional retail stores and local eye doctors. You may also get possible savings on laser vision correction.

##### **TruHearing® | Beltone™ | Start Hearing**

You could get savings on hearing tests, evaluations and hearing aids. Discounts may also be available for your immediate family members.

##### **Dental Solutions<sup>SM</sup>**

You could get dental savings with Dental Solutions. You may receive a dental discount card that provides access to discounts of up to 50% at more than 70,000 dentists and more than 254,000 locations.\*

##### **Jenny Craig® | Sun Basket | Nutrisystem®**

Help reach your weight loss goals with savings from leading programs. You may save on healthy meals, membership fees (where applicable), nutritional products and services.

**See all the Blue365 deals and learn more at [blue365deals.com/bcbsil](http://blue365deals.com/bcbsil).**



### Fitbit®

You can customize your workout routine with Fitbit's family of trackers and smartwatches that can be employed seamlessly with your lifestyle, your budget and your goals. You'll get a 20% discount on Fitbit devices plus free shipping.

### Reebok | SKECHERS®

Reebok, a trusted brand for more than 100 years, makes top athletic equipment for all people, from professional athletes to kids playing soccer. Get 20% off select models. SKECHERS, an award-winning leader in the footwear industry, offers exclusive pricing on select men's and women's styles. You can get 30% off plus free shipping for your online orders.

### InVite® Health

InVite Health offers quality vitamins and supplements, educational resources and a team of health care experts for guidance to select the correct product at the best value. Get 50% off the retail price of non-genetically modified microorganism (non-GMO) vitamins and supplements and a free Midnight Bright Black Coconut Charcoal Tooth Polish with a \$25 purchase.

### Livekick

Livekick is the future of private fitness. Choose from training or yoga over live video with a private coach. Get fit and feel healthier with action-packed 30-minute sessions that you can do from home, your gym or your hotel while traveling. Get a free two-week trial and 30% off a monthly plan on any Live Online Personal Training.

### eMindful

Get up to a 50% discount on any of eMindful's live streaming or recorded premium courses. Apply mindfulness to your life including stress reduction, mindful eating, chronic pain management, yoga, Qigong movements and more.

**For more great deals or to learn more about Blue365, visit [blue365deals.com/bcsil](https://blue365deals.com/bcsil).**

The relationship between these vendors and Blue Cross and Blue Shield of Illinois (BCBSIL) is that of independent contractors. BCBSIL makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

\* Dental Solutions requires a \$9.95 signup and \$6 monthly fee.

Blue365 is a discount program only for BCBSIL members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. You should check your benefit booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are given only through vendors that take part in this program and may be subject to change. BCBSIL does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSIL reserves the right to stop or change this program at any time without notice.





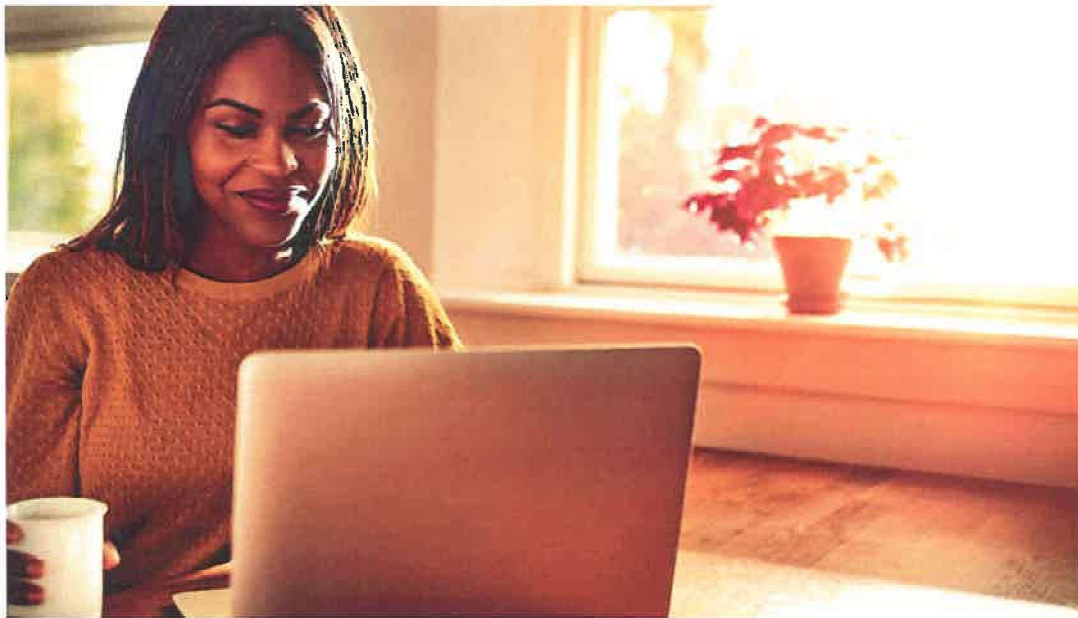
BlueCross BlueShield of Illinois

Blue365.



## Save 50% on Mindfulness Subscriptions for One Year

♥ 2.7k | [Personal Care](#)



### The Offer

#### Improve Your Mental Health with Unlimited Access to Live, Expert Teachers With Interactive, Online Mindfulness Sessions

Building new skills to protect your mental health is one of the best strategies you can use to maintain great health and performance in every area of your life. As part of your Blue 365 membership, you are eligible for a 50% discount on eMindful’s mindfulness solution, eM Life, with proven programs that help with everything from anxiety, sleep improvement, parenting, managing financial stress, weight loss, and more.

eM Life includes unlimited access to live, expert teachers, with interactive, online mindfulness sessions available multiple times every day of the week, and hundreds of hours of on-demand content on a variety of topics and health concerns. Programs are available in English, Spanish (as of June 1, 2022) and French Canadian.

The programs have consistently delivered positive results for over 12 years, and will help you manage stress and anxiety, improve focus, and enhance your overall well-being. Explore eM Life today.

Choose from two different subscriptions:

SIGN IN/JOIN TO REDEEM

- 50% discount on Immersive, long form chronic condition programs
- Unlimited access to free on demand programs
- Applied Program purchases
- Enhanced on demand purchases
- Regular price is \$9.99 per month or \$99 per year. Blue365 members pay **\$5.00 per month** or **\$49.50 for the first year**
- **Grow** subscription includes:
  - All benefits from Sprout
  - Unlimited use of daily live and on demand programs
  - Unlimited access to Applied Programs
  - All features of eM Life
  - Regular price is \$360.00 per year. Blue365 members pay **\$180 for the first year**

## The Terms

- This 50% offer applies to eMindful's subscription plans.
- Month-to-month subscribers may cancel at anytime for any reason at their sole discretion, after which future recurring payments will no longer be charged and access will end at the end of your current term month. Annual subscribers have a money back guarantee for seven days from the date of sign up or renewal, after which no pro-rated refunds will be given. Monthly and Annual subscribers can cancel via your online profile. To request a refund, please send an email to [support@eMindful.com](mailto:support@eMindful.com). Course fees will not be refunded once you are within three hours of the class start time. Read eMindful's full [refund and cancellation policy](#) for additional details.
- eM Life is a registered trademark of eMindful Inc.
- This offer is only available on the Blue365 website.
- Other important Terms and Conditions apply. Read our [disclosure statement](#), [terms of use](#), and [privacy policy](#) before proceeding further.

## 50% OFF

Sprout ~~\$99.00~~ \$49.50/year  
 Grow ~~\$360.00~~ \$180/year

[SIGN IN/JOIN TO REDEEM](#)

## What is Blue365?

Blue365 offers premier health and wellness discounts and is free to join. These exclusive discounts are available to members of select BCBS organizations (e.g. BCBS of North Carolina). Check if you are eligible to join today!

[SIGN IN/JOIN TO REDEEM](#)



BlueCross BlueShield of Illinois

Blue365



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# 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
- View your Blue Points<sup>SM\*\*\*</sup> balance
- 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](http://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.

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

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Prefer to sign up by phone or have questions about the Fitness Program? Just call the toll-free number **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

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- **Digital Self-management Programs:** Learn about nutrition, fitness, weight loss, quitting smoking, managing stress and more!
- **Health and Wellness Library:** The health library has useful articles, podcasts and videos on health topics that are important to you.
- **Blue Points<sup>SM</sup> Program:**\*\* Earn points for wellness activities. Redeem your points for a wide variety of merchandise in the online shopping mall.
- **Tools and Trackers:** These interactive resources help keep you on track while making wellness fun.
- **Health Assessment:** Answer some questions to learn more about your health and receive a personal wellness report.
- **Fitness Tracking:** Get Blue Points for tracking activity with popular fitness devices and mobile apps.
- **Nutrition Help:** Members can choose a nutrition app to connect and monitor their food intake via the [View Nutrition](#) page. Enter calorie targets, carbs, fats, protein and more. Apps include Fitbit, MyFitnessPal and others.
- **Personal Challenges:** Join a personal challenge to help you reach your goals. There are over 30 challenges, so you can choose the best one to fit your wellness journey. Topics include stress, sleep, physical activity and more!

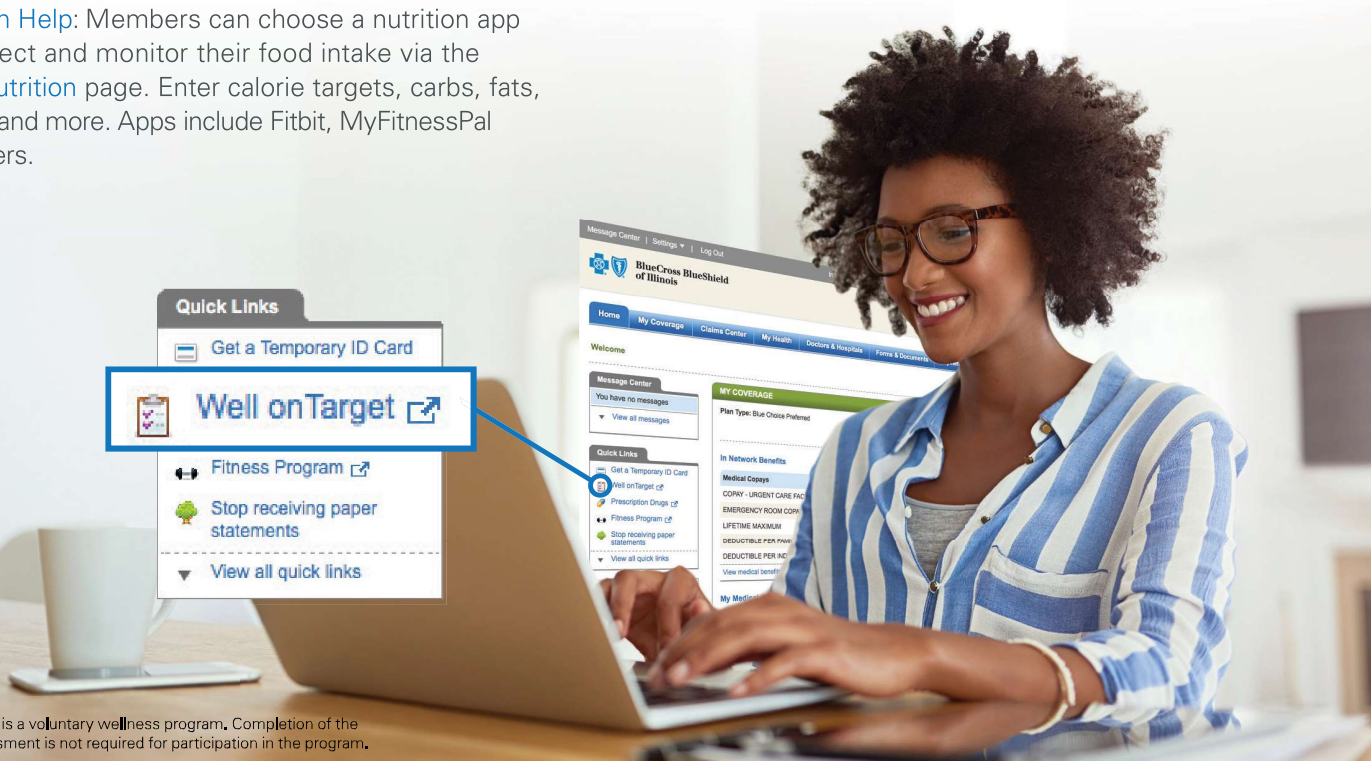
## HOW TO ACCESS THE PORTAL

Use your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account:

- Log in to BAM at [bcbsil.com/members](http://bcbsil.com/members). If this is your first time logging in, you will need to register your account. Click [Register Now](#) on the login screen.
- Once you are in BAM, click on the [Well onTarget](#) link on the left side of the screen. You will be taken to the portal.

## QUESTIONS?

If you have any questions about Well onTarget, call Customer Service at [877-806-9380](tel:877-806-9380).



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

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



# Clinically-proven weight loss without counting calories

Now you can lose weight, gain energy, sleep better, and improve your mind and body—all while eating your favorite foods.

Your employer has partnered with Wondr Health™ to help you improve your health at no cost to you.\*

Go to [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)



## What is Wondr?

### No points, plans, or counting calories

Forget eating kale salads 24/7; Wondr is a skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science-based program was created by a team of doctors and clinicians (which is why we left out the “e” in Wondr) and is clinically-proven for lasting results.

\*To learn more and join the waitlist, visit: [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL)

### LET'S TALK RESULTS

## In as little as 10 weeks:




84%

 LOST WEIGHT

62%

 FEEL MORE CONFIDENT

61%

 HAVE MORE ENERGY

68%

 ARE MORE PHYSICALLY ACTIVE

85%

 FEEL MORE IN CONTROL OF THEIR WEIGHT

57%

 FEEL THEIR MOOD HAS IMPROVED

\*Based on Wondr Health Book of Business

# What to expect



**Learn more or apply at [wondrhealth.com/BCBSIL](https://wondrhealth.com/BCBSIL).**

Application period not open yet? Join our waitlist.



**You'll receive a Welcome Kit** to kick off the program after your application's been accepted.



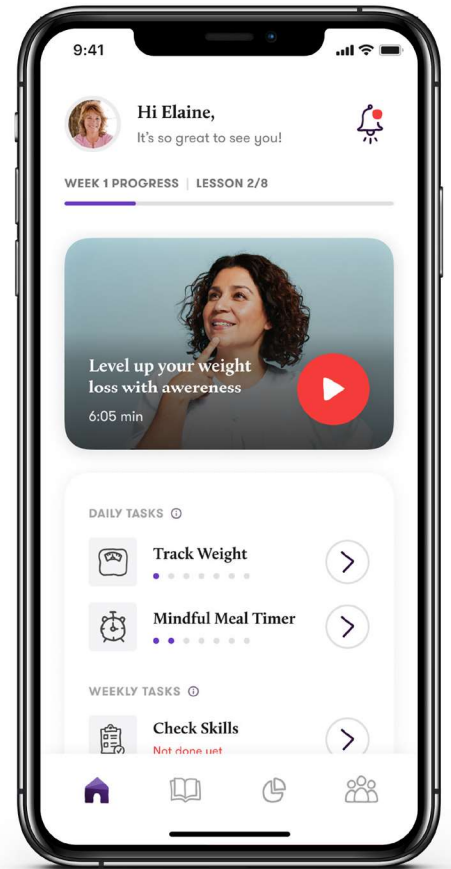
**Sign in online or on our mobile app** (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.



**Watch our weekly master classes.** On your start date, you can sign in to view your Week 1 videos and start your journey to better overall health.



**Learn life-changing skills during the program's first phase—WondrSkills™, then move to the skill reinforcement phase—WondrUp™, and keep the momentum going in the skill maintenance phase—WondrLast™.**



Questions? Visit [support.wondrhealth.com](https://support.wondrhealth.com).



**"I love the whole idea of the psychology of things. I like to look in the why's and how it works. You can eat whatever you want. You just need to retrain your brain into thinking about how you need to eat your food."**

**—Brad M.**  
WONDR PARTICIPANT

LOST **70** lbs | GAINED Confidence