



Digital Self-Management Programs May Help You Develop a Healthier Lifestyle

With Well onTarget® Digital Self-Management Programs, you'll get tips and techniques and the resources you'll need to help support your 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 you to study on your own time and may help you get to the next level of wellness.

Earn Blue PointsSM

You can earn 1,000 Blue Points once per quarter when you complete a digital self-management program. You 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). You can also use the Well onTarget mobile app, AlwaysOn Wellness, to register for a Digital Self-Management Program.

Program Descriptions

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

Interactive Programs (Six weeks)

Managing Your Stress

If you have high levels of unmanaged stress, this program is for you. It uses cognitive behavioral strategies and relaxation techniques to help you manage your stress effectively.

Quitting Tobacco

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

Achieving Your Healthy Weight

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

Maintaining Your Healthy Weight

If you want to maintain a healthy weight, you will learn about lifestyle factors that influence weight including nutrition, physical activity, stress and sleep.

Nutrition For Better Health

Improve your health and reduce the risk of major chronic diseases through proper nutrition and healthy eating habits.

Enhancing Your Physical Activity

You will learn ways to enhance your fitness levels by being more active in your daily life.

Improving Your Blood Pressure

If you have hypertension you can benefit from this program by learning about the 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. You'll learn how important oral health is to your overall well-being, find out more about common oral conditions, understand treatments and discover how to attain or maintain good oral health.

Improving Your Sleep

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 will help you 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 you 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, YOU CAN LEARN ABOUT STEPS TO HELP CHANGE HABITS THAT MAY BE KEEPING YOU FROM A HEALTHY LIFESTYLE.

Program Descriptions

Educational Programs (Six lessons in each program)

Healthy Bones and Joints

The musculoskeletal disorders course 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

If you have high cholesterol and want to lower it, you'll be guided in developing lasting lifestyle changes that have been shown to keep cholesterol in check. Learn about weight, nutrition, physical activity and tobacco as they relate to cholesterol.

Managing Your Metabolic Syndrome

If you have this condition or are at risk for developing it, you will learn more about methods to improve your 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. You 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

This program was developed for those who are at risk for diabetes or have already been diagnosed with the condition. The 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)

You 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 CHF program provides information on 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.

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.

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