

## BCBS WELLNESS EXAM VALIDATION PROCESS

Follow this step-by-step guide to confirm that you and/or your spouse/domestic partner have fulfilled the wellness exam requirement. Once you verify that the exam for you and/or your spouse/domestic partner is complete, no further action is required. Michaels will automatically record this information, and as a result, you will not incur a wellness surcharge for the upcoming medical plan year. If you need additional support, please contact Blue Cross Blue Shield of Texas at 1-877-269-1180.

1. After the Team Member logs in to BlueAccess for Members, click the “Wellness” link on the top right of the screen. Once selected, click “Visit Well OnTarget” link to arrive at Well OnTarget home page.

The screenshot shows the BlueCross BlueShield of Texas member portal. At the top, there is a navigation bar with links for Dashboard, Claims, Coverage, Spending, Find Care, and Wellness. The Wellness link is highlighted with a red box and a blue arrow. Below the navigation bar, the Wellness section is displayed, featuring a 'Programs' tab and four program cards: Well onTarget, Digital Mental Health, Special Beginnings, and Fitness Program.

**Well onTarget**

Health Assessment Fitness Nutrition Rewards

Well onTarget has tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness...

Read more

Visit Well onTarget

**Digital Mental Health**

Mental Health Anxiety Stress Sleep Substance Misuse

Do you struggle with mental health concerns? If you deal with anxiety, stress, depression, substance use, panic, or sleep problems, there's an online resource with programs that can help. Learn to Live is confidential, and you can access it from...

Read more

Visit Site

**Special Beginnings**

Maternity Pregnancy

Having a baby? You can receive the personal attention and information you may need to care for yourself and your baby. This program is available to you during your pregnancy and up to six weeks after you give birth, at no additional...

**Fitness Program**

Fitness

The Fitness Program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle. This program also includes pay-as-you-go classes. You can use the mobile app...

2. Once Team Member has arrived at the Well OnTarget home page, they will select “view rewards” under the incentives tab on the “My Rewards” widget.

The screenshot displays the Well OnTarget dashboard. At the top, there is a navigation bar with links for Dashboard, Health Assessment, Rewards, and Resources. A blue banner below the navigation bar reads: "Get your personalized health journey recommendations by taking a 10 minute Health Assessment!".

The main content area is divided into several sections:

- My Health Journey at a Glance:** A progress bar with four steps: Step 1 (Get Your Personalized Recommendations), Step 2 (Start a Coaching Program), Step 3 (Complete a Coaching Goal: Improve Blood Pressure), and Step 4 (Improving Your Blood Pressure). A "Next steps >" link is at the bottom right.
- Health Assessment:** A card stating "You still need to take your health assessment. Once you do, you can view your health report and find out what health goal you need to work on first." with a "Start" button.
- My Rewards:** A card highlighted with a red box. It shows "BLUE POINTS™ 2500 PTS" and "INCENTIVES View Rewards". A "History Earn" link is at the bottom right. A blue arrow points from the top right towards the "View Rewards" link.

Below these sections is a navigation bar with tabs: Health Journey (selected), In-Progress Activities, Completed Activities, and Browse All Activities.

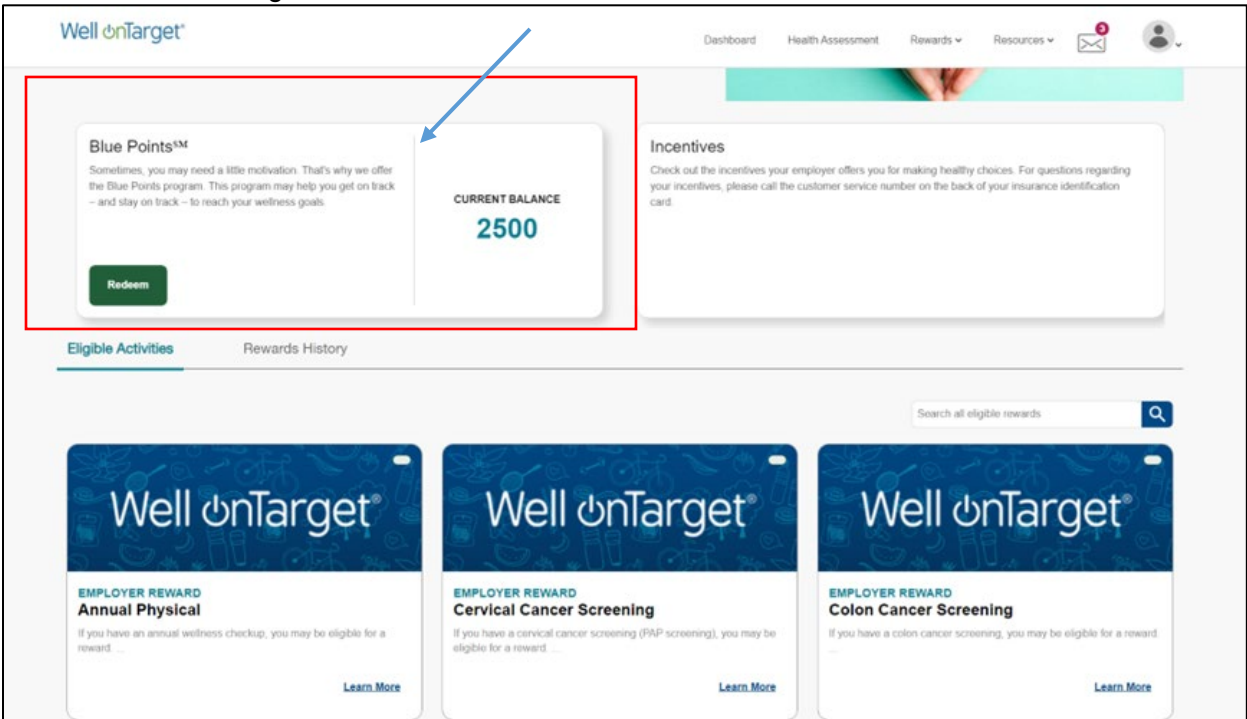
The next section is titled "Your Health Journey Recommendations" with a sub-header: "Start here on your journey to a healthier life. We have recommendations for you based on the results from your Health Assessment. You can always go off the path and explore other activities but we recommend you start here."

Two recommendation cards are shown:

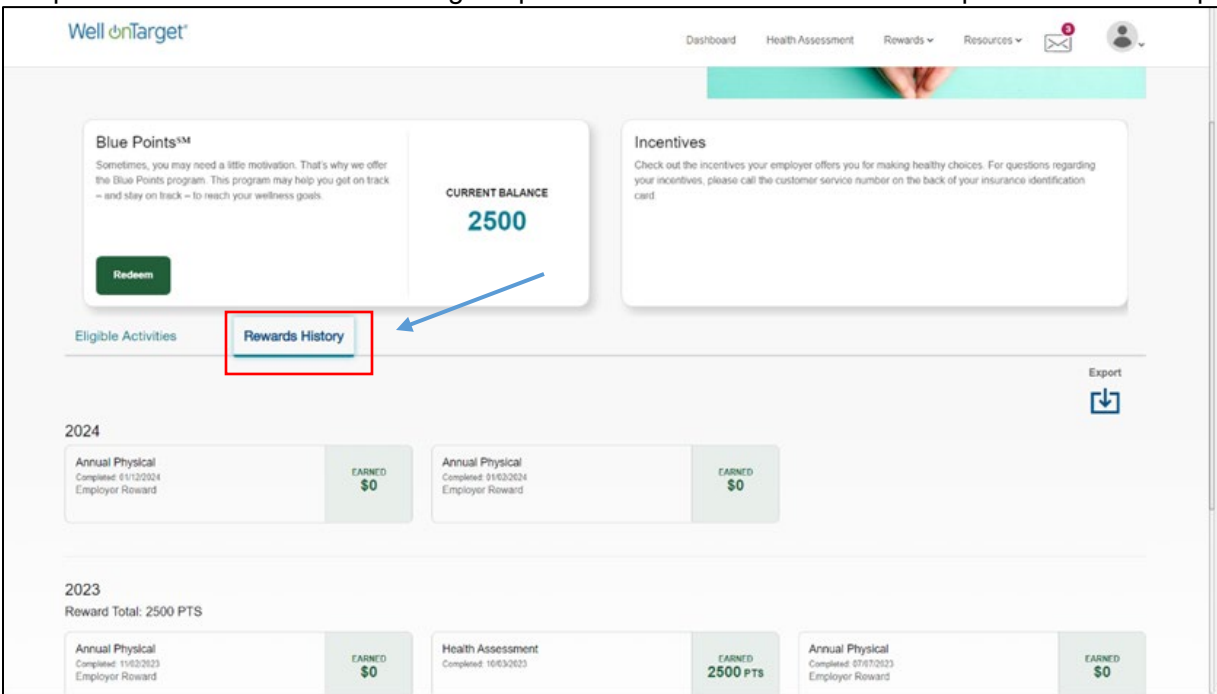
- Get Your Personalized Recommendations:** Includes an image of dumbbells and oranges. Text: "A happier, healthier life starts here." A "Get Started" button and an information icon (i) are present. A badge says "EARN 2500 PTS EVERY SIX MONTHS".
- Start a Coaching Program:** Includes an image of people exercising outdoors. Text: "Set a goal to work with a Coach." A "Get Started" button and an information icon (i) are present.

At the bottom, there is a link for "Explore Other Activities".

- After the Team Member makes the “view rewards” selection, they will be taken to the Rewards section within the Well OnTarget Portal.



- Final Step – Team Member will click the “Rewards History” link to view the annual physical with the dates of completion. This will be visible for regular preventive visits as well as the Catapult Virtual Checkup.



\*To Validate your spouse or your domestic partner, the participant must log into their own BlueAccess for Members.