

TRS-ActiveCare

# BLUE POINTS<sup>SM</sup>



We understand how hard it can be to maintain a healthy lifestyle. Sometimes, you may need a little motivation. That's why your TRS-ActiveCare plan includes the Blue Points program.<sup>1</sup> This program may help you get on track — and stay on track — to reach your wellness goals.

With the Blue Points program, you can earn points for regularly participating in many different healthy activities.

You can redeem your points in an online shopping mall, which offers a variety of merchandise, such as electronics and home goods.

**Blue Points has many convenient and personalized features:**

#### **EARN POINTS INSTANTLY**

The program gives you points immediately, so you can start using them right away.<sup>2</sup>

#### **GET EXTRA POINTS**

Don't have enough points yet for that reward you really want? No problem! You can apply the points you have and use a credit card to pay the balance.

#### **EASILY MANAGE YOUR POINTS**

The Well onTarget portal at [www.wellontarget.com](http://www.wellontarget.com) lets you see all your points information in one place. It's easy to see how many points you can earn and how many you've earned year to date.

Well onTarget<sup>®</sup>



BlueCross BlueShield of Texas

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### CHOOSE FROM A LARGE SELECTION OF REWARDS

Redeem your points in an online shopping mall. Reward categories include apparel, books, health and personal care, jewelry, electronics, music, and sporting goods.<sup>3</sup>

### PARTICIPATE IN ACTIVITIES THAT MATCH YOUR GOALS

Look how quickly your Blue Points can add up! Here are some sample activities you can complete to earn Blue Points:

ACTIVITIES	POTENTIAL BLUE POINTS AMOUNTS
Complete a health assessment <sup>4</sup>	2,500 points every six months
Complete a self-management program	1,000 points per quarter
Use trackers to see your progress toward goals	10 points, up to a maximum of 70 points per week
Enroll in the fitness program <sup>5</sup>	2,500 points
Add weekly fitness program center visits to your routine	Up to 300 points each week
Complete progress check ins	Up to 250 points per month
Connect a compatible fitness device or app to the portal	2,675 points
Track activity using a synced fitness device or app	55 points per day

Log in to [www.wellontarget.com](http://www.wellontarget.com) today to find the interactive tools and resources you need to start earning Blue Points. Keep yourself motivated to earn more points by heading over to the online shopping mall and checking out all the rewards you can earn for adopting — and continuing — healthy habits.

<sup>1</sup> 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](http://wellontarget.com) for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

<sup>2</sup> This does not apply to points you earn for completing Fitness Program activities.

<sup>3</sup> 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.

<sup>4</sup> Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

<sup>5</sup> The Fitness Program is provided by Tivity Health®, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.