

WELLNESS YOUR WAY



Well onTarget provides resources for your personal wellness journey. Plus, you can earn rewards for maintaining a healthy lifestyle! This program is available to all those enrolled in a AGRILAND FS medical plan.

Log in to your member portal to connect to a whole suite of wellness content, programs, challenges and tools. Well onTarget is here to support all aspects of your well-being.

Health Assessment

Take the health assessment for a confidential wellness report with tips for living your healthiest life. Your answers will help tailor your Well onTarget portal to help you reach your goals.

Blue Points Program

Blue Points can help reward you for a healthy lifestyle. Earn points for participating in wellness activities. As points add up, you can redeem points for gift cards.

Self-Management Programs

These programs let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, managing stress and more. Track your progress through each lesson. Reach your milestones and earn Blue Points!

Online Wellness Challenges

Meet your wellness goals with fun, interactive challenges.

Fitness Tracking

Track your fitness activity that sync with many popular fitness devices and mobile apps.

Health and Wellness Content

You have a whole library of articles focused on overall wellness.

FITNESS PROGRAM

Well onTarget's Fitness Program gives you unlimited access to a network of fitness locations nationwide. With the fitness program, visit multiple locations with one membership!

Flexibility for Your Needs

The fitness program membership is month to month. You have options for flexible plans from \$19 to \$239 per month.

Location Variety

Well onTarget's fitness program includes many gyms and studios, including boutique fitness options!

Earn Even More Blue Points

Get 2,500 points just for joining the Fitness Program! Earn additional points for weekly visits.

Convenient Payment

You can easily pay monthly fees with an automatic credit card payment or bank account withdrawals.

Find a Location Online

You can go online to search for locations across the country and track your visits for Blue Points.

Complementary and Alternative Medicine

You have discounts with a nationwide network of health and well-being providers, such as acupuncturists, massage therapists and personal trainers. You can access this program when you join the Well onTarget Fitness Program.

START EARNING BLUE POINTS

Find all Well onTarget resources, start a wellness challenge, track your points and more in your member portal.

Visit | WellonTarget.com

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