

Wellness Rewards

Keep Going – Your Rewards Are Waiting



Save up to \$600 and Earn Blue Points

There’s still time to earn this year’s wellness rewards. Use your preventive care benefits before the deadline, work with your doctor to catch issues early, and make healthy choices – and you can earn:

- A \$600 discount on next year’s medical plan premiums, and
- Blue Points Rewards through Well onTarget and BlueCross BlueShield of Texas (BCBSTX), redeemable for gift cards.

You’ll have until **September 30, 2026** to complete qualifying activities, described below.



Well@Work: Save on Medical Costs Next Year

You can earn a **\$600 wellness credit**—lowering your 2027 medical plan premiums by **\$23.08** in every paycheck—just for completing any combination of these activities (totaling 100% achievement) by the **September 30, 2026** deadline.

BCBSTX tracks your completed activities through Well@Work. You should also keep your own records to track your progress towards getting to 100%.

ACTIVITY	PERCENTAGE EARNED
Get your annual preventive exam	40%
Take a biometric screening	30%
Get age-appropriate cancer screenings (e.g., mammogram, PSA, etc.)	30%
Complete the Health Assessment	30%
Call the 24/7 Nurse Line	20%



Earn and Redeem Blue Points

Rack up Blue Points from BCBSTX and Well onTarget, and redeem them for gift cards – for you or a family member. Most points will show up automatically on the [Well onTarget portal](#). Connect your fitness device if you want to make tracking them even easier!

See the [Blue Points page](#) for a description of each activity.

ACTIVITIES	BLUE POINTS AMOUNTS
Complete the Health Assessment every six months	2,500 points every six months
Complete a Self-Management Program	1,000 points per quarter
Use the trackers to track your progress toward your goals	10 points, up to a maximum of 70 points per week
Enroll in the Fitness Program	2,500 points
Add weekly Fitness Program center visits to your routine	Up to 300 points each week
Complete monthly Progress Check-ins	Up to 250 points per month
Connect a compatible fitness device or app to the portal	2,675 points
Track progress using a synced fitness device or app	55 points per day



Quick Start Checklist

1. Schedule your annual physical.
2. Activate your account on the Well onTarget portal (use the QR code!).
3. *Optional:* Connect your fitness device to help track your Blue Points progress.
4. Take your Health Assessment on the portal.
5. Bring your Health Assessment results to your annual physical.

September 30 will be here before you know it. A few healthy moves now can add up to real rewards.



Register at Well onTarget



Questions?

- If you need help with Well@Work or Well onTarget, start with:
- The Exyte Benefits site: www.ExyteUSABenefits.com
 - BlueCross BlueShield of Texas: (866) 818-8106, or www.bcbstx.com
 - Your Holmes Murphy Benefits Analyst: Michelle Toledo MToledo@holmesmurphy.com (214) 265-2260