

# THE D181 WELLNESS COMMITTEE WANTS TO HELP YOU THRIVE IN YOUR PHYSICAL WELLBEING!

*\*The following programs are only available to BCBS IL enrolled members*



## EARN REWARDS THROUGH BLUE POINTS

*BCBS IL Members can earn rewards such as camping gear, Airpods, video games, mountain bikes and more by completing Well onTarget activities.*



## EARN REWARDS TODAY

by following the instructions below

## DISCOUNT FITNESS PROGRAM

*BCBS IL members have access to multiple gyms using BCBS Fitness Program at a **BIG discount** with no long-term commitments!*



## JOIN A GYM TODAY

by following the instructions below

**By caring for ourselves and supporting each other, we foster a safer, healthier, and more positive workplace. Your wellness is important, and we are dedicated to helping our team stay strong and active together.**



## HOW TO JOIN AND EARN TODAY:

1. Log in at [bcbsil.com/member](https://bcbsil.com/member) or scan the QR code. If this is your first time logging in, you will need to register your account. Click Create an Account on the login screen.
2. Once you are logged in, click on the "Wellness" link under the MyHealth tab. From there you will be able to access the Fitness Program or the Well onTarget portal to start earning rewards.