

Just-in-time
Benefits news

Consumer Choice Plan Supports Well-Being

As a Blue Cross and Blue Shield of Illinois member don't forget to sign up for your [Blue Access for MembersSM](#) account. Once you set up your account you will be able to see information about your coverage and reach out to a Benefit Value Advisor with questions.

Get Started with Well onTarget® to Experience Wellness

The heart of Well onTarget is the member portal, available at [Well onTarget](#). This engaging portal links you to a suite of innovative programs and tools.

- **Digital Self-Management Programs:** Online interactive and educational programs let you work at your own pace to reach your health goals. Track your progress as you make your way through each lesson.
- **Health and wellness content:** The health library teaches and empowers through evidence-based reader-friendly articles.
- **Tools and trackers:** Interactive tools help keep you on course while making wellness fun. Use health calculators and medical and lifestyle trackers.

To access Well onTarget, log in to [Blue Access for MembersSM](#) (BAMSM). If this is your first time logging in, [you will need to register your account](#). Once you are logged in to BAM, simply click the link on the left side of the page and it will take you to the Well onTarget portal.

Fitness Program

You don't eat the same food every day, why work out at the same fitness location every single time? Mix and match fitness locations where you live, work and travel. Plus, there's no long-term contract required: membership is month to month. (Plan options are from \$19 to \$99 per month per member, with a one-time enrollment fee.)

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Blue Points Program

Blue Points can help motivate you to maintain a healthy lifestyle. Earn points for participating in wellness activities. You can redeem points in the online redemption center for popular health and wellness merchandise and services.

- Enjoy the benefits of better health and exciting rewards! Log in to your [Blue Access for MembersSM](#) account and select Personal Health Manager and start participating in any of the online interactive programs.

Blue365 Member Discount Program

Enjoy exclusive health and wellness deals from national and local retailers simply for being a BCBSIL member. Save money on fitness gear, family activities, gym memberships, healthy eating, hearing aids and more from top national and local retailers.

- Log in to [Blue Access for MembersSM](#) account and click “Member Discount Program” in Quick Links to view your available discounts and to register for weekly emails.

Telemedicine Provider—MDLIVE

Whether you're at home or traveling, access to a board-certified doctor is available 24 hours a day, seven days a week. BCBSIL provides you and your covered dependents access to care for non-emergency medical issues and behavioral health needs through MDLIVE by phone or video conference.

- To register, you'll need to provide your first and last name, date of birth and BCBSIL member ID number. Visit the website MDLIVE.com/bcbsil.

24/7 Nurseline

Round-the-clock health and wellness advice from licensed nurses waiting to talk to you whenever you call. Call the 24/7 Nurseline with any health questions toll-free: **1-800-299-0274**. Plus, when you call, you can access an audio library of more than 1,000 health topics – from allergies to surgeries.