Well-On Target Incentives
http://healthysooners.ouhsc.edu
Click Rewards/Well-On Target
Step 1

- Register or Log-In to Blue Access for Members
  - [http://www.bcbsok.com/ou/](http://www.bcbsok.com/ou/)
Step 2

- Find the Quick Links box on the right side of the screen
- Click on the Well-On Target Link and it will open a new window
Step 3

- The new link will take you to your Well-On Target Dashboard
- This information is private to you
- First, take a moment to complete your 15 min Health Assessment
- This helps build your profile and earns you Life Points to redeem for merchandise!
Step 4

• Once you have completed your Health Assessment, check out the Food and Exercise Diary to begin tracking information and earning Life Points!
Step 5

- Track your meals, water intake, and activity daily
- Your calorie budget is created from the Health Assessment Info
- You earn Life Points for tracking your info
Step 6

- Understanding you Life Points
- Click on the Life Points Link under program steps to see how to earn points
- You can also view the log of how you earned your points
Step 7

**Point Schedule**

Life Points are awarded for taking healthy actions. Points are assigned to actions that have been proven to have a positive impact on health.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>POINT VALUE</th>
<th>POINTS AVAILABLE</th>
<th>MAX FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track Your Progress</td>
<td>10</td>
<td>20 / 10400</td>
<td>20 / Week</td>
</tr>
<tr>
<td>onmytime Course Complete</td>
<td>1000</td>
<td>0 / 4000</td>
<td>1 / Quarter</td>
</tr>
<tr>
<td>Promotional Activity</td>
<td>2500</td>
<td>0 / 5000</td>
<td>2 / Year</td>
</tr>
<tr>
<td>onmyway Assessment</td>
<td>2500</td>
<td>2500 / 5000</td>
<td>2 / Year</td>
</tr>
<tr>
<td>Fitness Program Enrollment</td>
<td>2500</td>
<td>0 / 2500</td>
<td>1 / Year</td>
</tr>
<tr>
<td>Fitness Center Use - Visit 1</td>
<td>100</td>
<td>0 / 5200</td>
<td>1 / Week</td>
</tr>
<tr>
<td>Fitness Center Use - Visit 2</td>
<td>100</td>
<td>0 / 5200</td>
<td>1 / Week</td>
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<tr>
<td>Fitness Center Use - Visit 3</td>
<td>200</td>
<td>0 / 10400</td>
<td>1 / Week</td>
</tr>
<tr>
<td>Fitness Center Use - Visit 4</td>
<td>100</td>
<td>0 / 5200</td>
<td>1 / Week</td>
</tr>
<tr>
<td>Biometric Screening</td>
<td>2500</td>
<td>0 / 2500</td>
<td>1 / Year</td>
</tr>
<tr>
<td>Milestone Assessment</td>
<td>300</td>
<td>300 / 3600</td>
<td>1 / Month</td>
</tr>
</tbody>
</table>

[VIEW POINTS HISTORY]
Step 8

• Learn how to Redeem Life Points and Visit the Shopping Mall
• A new window will open
Step 9

Redeem your points for millions of merchandise offerings including electronics, sporting goods, books, CDs, DVDs or music downloads. If you do not have enough points to purchase something, you can add your personal credit card to pay the difference.

CLICK HERE TO REDEEM

Life Points Program Rules

SHOPPING TIPS

- Online Merchandise Catalog
- You can browse and mark items for a later purchase by creating a Wish List
- Remember that you can add a personal credit card to pay the difference if you do not have enough points.
Step 10
Questions?

• Contact Healthy Sooners
  • Healthy-sooners@ouhsc.edu
  • http://healthysooners.ouhsc.edu
    • Follow Healthysooners
  • https://www.facebook.com/healthysooners
    • https://twitter.com/HealthySooners