

HealthSelect Wellness Resources



Well onTarget



- Web portal provides wellness offerings designed to help you reach your health goals such as health and wellness content, wellness coaching, a health assessment and much more!
- [Learn more about Well onTarget](#)

Free Tobacco Cessation Programs

- Quitting Tobacco Program
- Staying Tobacco Free Program



Free Weight Management Programs

[Naturally Slim](#)-online program that helps you change how you eat instead of what you eat and teaches you skills to lose weight and keep it off forever!

[Real Appeal](#)-a proven way to lose weight and live healthier lives by providing ongoing support and guidance, small steps for lifelong change, and resources to keep you motivated.

Fitness Programs

- \$25 one time enrollment fee
- \$25/month
- [Find an eligible fitness center](#)



Free/Low Cost Fitness Classes

- Pilates, tabata, yoga and many others.
- Check out the [calendar](#) for details.



Blue 365

- Offers discounts for personal care, nutrition, footwear, and other deals!
- [Join today for free!](#)

Wellness Leave

- Employees are eligible for 30 min of wellness leave 3x/week and 8 hrs/yr for completing a physical exam and health risk assessment.
- Review the [policy](#) and coordinate with your supervisor.



Care Management Support

- Clinicians are available to discuss managing a health condition, learning about a new diagnosis, answering questions about a procedure or hospital stay, providing support to help you follow your physicians' treatment plan and health and wellness resources.
- Call **(800)252-8039** Monday through Friday from 8:00 am to 6:30 pm.