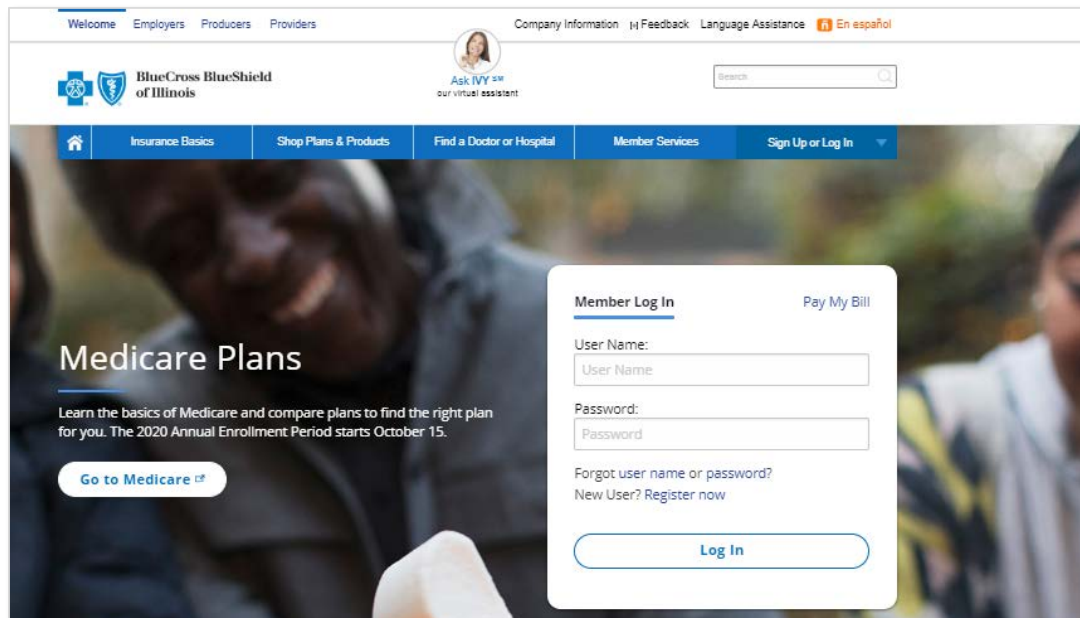


Blue Access for Members – BCBSIL.COM

Accessing Well onTarget

- Go to Blue Access for Members – BCBSIL.com
- New Users - Click Register Now
- Registered Users - Enter User Name and Password
- Locate Well onTarget under Quick Links or the My Health tab



The screenshot shows the BlueCross BlueShield of Illinois website. The header includes links for Welcome, Employers, Producers, Providers, Company Information, Feedback, Language Assistance, and En español. A search bar is present. Below the header is a navigation bar with links for Insurance Basics, Shop Plans & Products, Find a Doctor or Hospital, Member Services, and Sign Up or Log In. The main content area features a large image of a smiling man and a woman. Overlaid on this is a 'Member Log In' form with fields for User Name and Password, a 'Log In' button, and links for 'Forgot user name or password?' and 'New User? Register now'. A 'Pay My Bill' link is also visible.

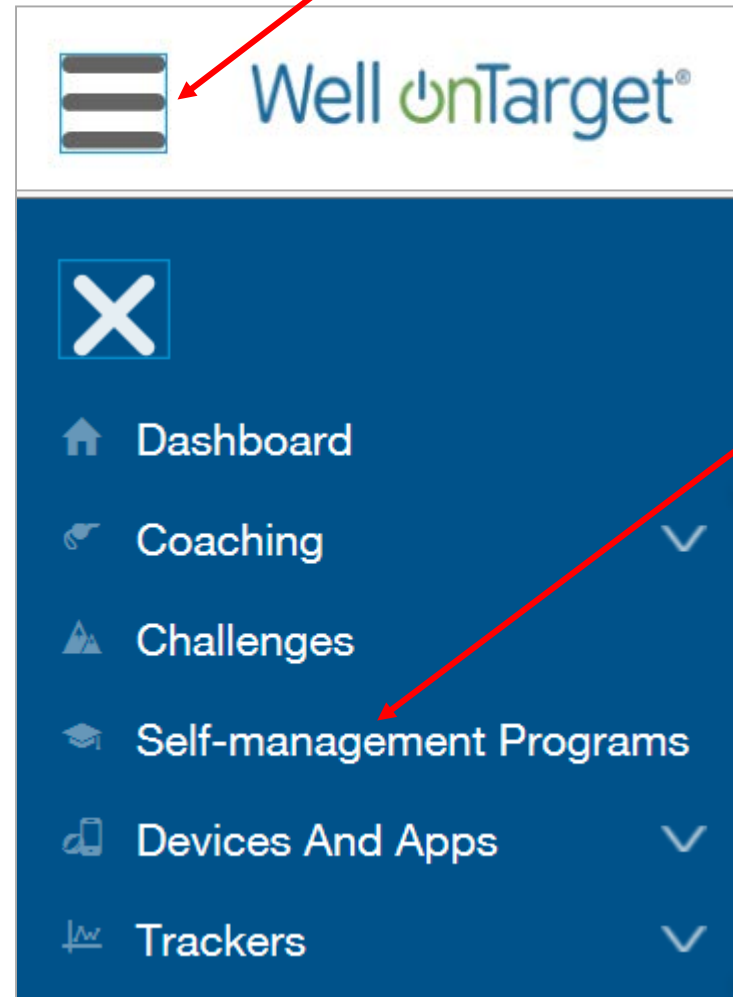


The screenshot shows the 'Quick Links' section of the website. It lists several services: Identity Protection, Dental, Virtual Visits, Well onTarget (highlighted with an orange border), Prescription Drugs, and a 'View all quick links' link with a dropdown arrow.

Digital Self-Management Programs

Accessing Self-management Programs

- Locate the three bar drop down menu in the upper left of the Well onTarget home page
- Click on Self-management Programs
- Locate the Interactive Quitting Tobacco 6-week program.



Tobacco Cessation Self-Management Program

Quitting Tobacco

- Daily check ins for 6 weeks
- Behavior change
- Creating healthy habits
- Helpful resources
- Midpoint and final assessment



Quitting Tobacco

Congratulations on your decision to quit tobacco! This program gives you the information and support you need to live a tobacco-free life.

[Get Started!](#)

[See Detailed Overview](#)

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 1 of 3

< Previous

Next >

What do you want to focus on?

Select a category below to get started.



Cigarette



Cigar



Chew



Dip



Pipe

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 2 of 3

< Previous

Next >

Cigarettes

I currently average:

0

Cigarettes/day

My goal is to be at:

0

Cigarettes/day

Tip: Quitting tobacco is the best thing you can do for your health - and this program will help!

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 3 of 3

[← Previous](#)

[Next →](#)

Create Healthy Habits

Choose a category. Then, choose or create a “trigger,” something you do every day.
Next, choose or create an action. You’re on your way to creating a healthy habit.

[+ Add A Healthy Habit](#)

[Need help?](#)

Watch this quick video to learn more about how healthy habits can help you.

Please add at least one habit to continue.

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**

Step 3 of 3

< Previous

Next >

Create Healthy Habits

Choose a category. Then, choose or create a “trigger,” something you do every day.

Next, choose or create an action. You’re on your way to creating a healthy habit.

+ Add A Healthy Habit

When I finish a meal

I will play with my pet



[Need help?](#)

Watch this quick video to learn more about how healthy habits can help you.

Quitting Tobacco Enrollment

[Programs](#) > **Enrollment**



You've successfully enrolled in a program!

Work on your healthy habits and track your progress daily.

Continue

Quitting Tobacco Program

DAILY VIEW

PROGRESS

[Programs](#) > **Daily View**

< Day 1 | Week 1 >

Did You Do This Today?

+ Add A Healthy Habit

When I finish a meal

I will play with my pet



Yes



No




Track Your Progress

I used...

Cigarette

On

 11/29/2018 ▼

Update

Your Daily Resource



Intro Video: Quit Tobacco

GO!

This information should not replace the advice of your healthcare provider.

Previous Resources

Week 1

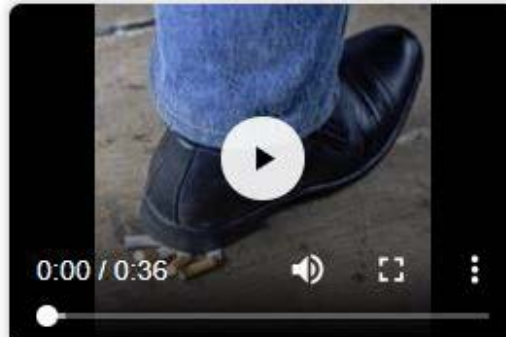


Week 1
Week 2
Week 3
Week 4
Week 5
Week 6



Intro Video: Quit Tobacco

GO!



Quitting Smoking: It May Take Many Tries

GO!



Varenicline (Chantix)
for Quitting Smoking

GO!



Print Certificate of Completion



Continue with Maintenance Program

Staying Tobacco Free Program

- Daily check ins for 6 weeks
- Behavior change
- Creating healthy habits
- Helpful resources
- Midpoint and final assessment



Staying Tobacco Free

Congratulations on quitting tobacco! This program gives you daily information and support to keep you on track. Here's to your life...WITHOUT TOBACCO!

[Get Started!](#)

[See Detailed Overview](#)



Tobacco Cessation Programs May Help You Lead a Healthier Life

Our Well onTarget tobacco cessation programs consist of methods to help you learn to quit smoking with innovative lessons developed using the most current academic and medical research.

INTERACTIVE, DIGITAL SELF-MANAGEMENT PROGRAMS CONSISTING OF:

Six-week long program to help you establish behaviors to achieve your goal.

Quitting Tobacco — This program will help you identify your stressors and beat addiction.

You'll learn how and when medications may benefit you in your journey to a tobacco-free life and strategies to help you avoid slip-ups and prevent future relapse.

Staying Tobacco Free — You'll revisit your original reasons for quitting in this program and discover ways to get past hard times and stay tobacco free.

The nicotine cravings can be intense, and you'll learn how to cope and the importance of getting support from those around you as part of quitting tobacco.

Sign up for the Tobacco Cessation Programs in the Well onTarget Portal at wellontarget.com.

1. Log into Blue Access for MembersSM (BAMSM) at bcbsil.com
2. Click "My Health" tab
3. Click on "Visit Site for Well onTarget"
(The Well onTarget website may prompt you to complete a health assessment, but you can skip and complete later)
4. Click on the three lines next to the Well onTarget logo in the top left hand corner to open the table of contents
5. Click on "Self Management Programs"
6. Scroll down and click on the "Quitting Tobacco" six week interactive program
7. Complete the program

Questions? Call the number on the back of your member ID card.

After quitting, the body begins to repair the damage caused by smoking.**

* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

**Source: <http://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>

12 Hours

The carbon monoxide level in the blood drops to normal.

2 Weeks to 3 Months

Lung function begins to improve.

1 to 9 Months

Coughing and shortness of breath decrease.