



**BUILD
HEALTHY
HABITS:**
JUMP-START
YOUR PHYSICAL FITNESS

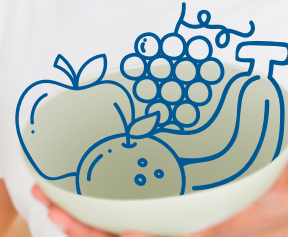
Improving Your Physical Fitness Starts With Assessing Your Current Health

If you are a Blue Cross Blue Shield of Illinois PPO or HMO member, register for the Well onTarget program at <https://members.hcsc.net/wps/portal/wellontarget>. The program is free and will allow you to access:

- Self-management programs
- Tracking tools and interactive health calculators
- Trusted health resources and information

For questions about Well onTarget, call [1-855-803-6448](tel:1-855-803-6448) weekdays from 7 a.m. to 9 p.m. Central Standard Time. A representative can help with registering, logging on or other customer service issues. Also note that if you took the assessment last year, it's time to update it.

Once You've Assessed
Your Current Health,
JUMP-START
Healthy Changes
With These Steps:



1

Set a fitness goal—for example, losing 20 pounds.

2

Dream big. What will success look like? Will you finally have the energy to ride a bike with your kids?

3

Focus on one choice for change like eating healthier or reducing stress.

4

Commit yourself.

5

Scout out easy obstacles. What's standing in your way?

6

Brainstorm ways to leap over those obstacles.

7

Plan a simple reward.