WellCats Educational Series: Make it a Year of Wellness

“Make It a Year of Wellness” will introduce you to and familiarize you with the wellness offerings available to ERS HealthSelect plan participants and their covered dependents.

You will learn about:

- Participant Portal: Well onTarget
- Blue Points
- Weight Management Programs
- Health Coaching
- Fitness Program
- Discount Program: Blue365
- Mobile Apps
- Many Other Wellness Tools and Resources