

Feel your best. One step at a time.

Improving Your Sleep

Sleep is the cornerstone of optimal health. It can affect your ability to lose weight, age slowly, prevent certain diseases, and perform at a high level. This program is designed to help you take the steps necessary to sleep better and wake up feeling more refreshed every day.

Log in to Well onTarget and you'll be directed to the Portal. Click on Browse all Activities and then Self-Management Programs.



Small steps, healthy results.

Get the personalized tools and support you need to achieve optimal health and wellness, every step of the way.

- Fill out a health assessment.
- Find wellness tools custom-fit to your needs.
- Download the app and connect it to your personal fitness device.
- Set goals and track your progress every day.
- Earn rewards for healthy behaviors and interactive challenges.

Get started today. We're here to guide and empower you on your journey, every step of the way.

WellonTarget.com

Take the first step. Visit WellonTarget.com or download the **AlwaysOn** app.

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Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit wellontarget.com for complete details and terms and conditions.

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