



MASSACHUSETTS



My Blue Community<sup>SM</sup>

# Talk Health & Wellness with Your Neighbor—Across the Country

Introducing an exciting way for you to join members-only health and wellness conversations—all in a supportive community environment.

My Blue Community is a health-focused social networking experience that brings you together with other Blue Cross Blue Shield members from across the country in one convenient location. Whether you're looking for fitness and nutrition tips, seeking support on different diseases and conditions, or exploring personal health, My Blue Community is your new online destination for social health and wellness.

## My Blue Community Offers

**Health & Wellness Support** :: Share tips and experiences with other members on a broad range of wellness topics. Categories include:

- **Ask the Expert**—Seek advice from chefs, nutritionists, health coaches, and more.
- **Diseases & Conditions**—Discuss topics ranging from the common cold to cancer.
- **Fitness & Nutrition**—Exchange tips about staying in shape, losing weight, and eating right.
- **Mental & Personal Health**—Share your stories about relationships, sleep, pregnancy, and more.
- **Water Cooler**—Create discussions on the health and wellness topics you're interested in.



(continued)

**Real-Time Health Dialogue** :: Participate in member posts and discussions on thousands of message board topics ranging from pregnancy to fitness to cooking light—anytime you want. Connecting with other members from across the country is now within reach.

**Supportive Member Connections** :: My Blue Community is designed to foster a supportive atmosphere where you can feel comfortable sharing your voice and making connections with other health-minded individuals.

**Want to learn more?** :: Visit [www.bluecrossma.com](http://www.bluecrossma.com) and click **Member** to access My Blue Community today.

My Blue Community is a website that enables discussions among individual users. This website is intended solely as a forum for general information and users' opinions; it does not contain any advice that is intended for medical diagnosis or treatment, and does not substitute for professional medical advice and services. Always seek the advice of your physician or other qualified health care provider on any medical condition and before following any information that may appear on My Blue Community.

