

Get Paid to Be Healthy!

With Healthy Actions^{®1} from Blue Cross Blue Shield of Massachusetts, it's easy for you to get healthy—plus, earn up to \$300! The Healthy Actions program also includes ways to stay healthy and save money.

Learn more: watch our online tutorial now at healthy-actions.com

How It Works

We've partnered with IncentiSoftSM Solutions, an independent company that is a national leader in results-based wellness programs, to run the Healthy Actions program. Within two weeks of your health plan's effective date,² you'll get a welcome letter in the mail explaining how to register. Then, follow these three easy steps:



1. Complete a quick online health assessment.



2. Ask your doctor to fill out a Clinician Health Review form. (You may need to schedule a well visit if you're not already up-to-date.)



3. Submit your Clinician Health Review form by uploading it from your computer or mobile device, mailing it to Healthy Actions c/o IncentiSoft Solutions, One International Place, 20445 Emerald Parkway Drive SW, Suite 400, Cleveland, OH 44135, or faxing it to 855-232-9157.

If you need to improve your health, you'll still get a \$100 Visa debit card and your doctor will set a health goal for you to meet (for example, quit smoking) before your next visit.³

Once you achieve your goal, have your doctor fill out a new Clinician Health Review form, and submit the form before your plan renews, you'll receive an additional \$200!⁴

Whether you're in good health or have a health goal to meet, you'll have access to various tools and resources to help continue your health or reach your goal.

Plus, there are even more ways to save with Fitness and Weight-Loss benefits and our Blue365[®] deals.

1. The Healthy Actions program is available to you only if you're an employee enrolled under a group contract with coverage in a qualifying Blue Cross Blue Shield of Massachusetts plan design and your employer currently offers this program, or if you're a subscriber enrolled directly in a qualifying plan design and you purchased the program.
2. If you're enrolled under a group contract and become eligible for, and enroll in, medical coverage seven months or more after the start of your plan year, then you won't be eligible to participate in the Healthy Actions program during the current plan year and will need to wait until the following group plan year.
3. If it's unreasonably difficult due to a medical condition for you to meet your goal, or if it's medically inadvisable for you to complete the participation requirements for this program, your provider may provide alternative ways to qualify.
4. The second visit and any lab services may be considered diagnostic. If it is, you would be responsible for any copayment, co-insurance, or deductible. If your visit requires lab tests, you should allow enough time to get your results and submit your Clinician Health Review form.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID Card (TTY: **711**).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: **711**).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: **711**).