

Healthy Actions—the wellness program that pays to be healthy.

You can earn up to **\$300** by learning about your health and taking steps toward a healthier lifestyle.

Getting Rewarded is Easy as 1,2,3



1. Complete a quick online health assessment



2. Ask your doctor to fill out the Healthy Actions form



3. Submit your completed form from your computer, mobile device, by fax, or by mail

Get Rewarded

Based on your results, you can earn the following rewards:

Result	Reward
Your doctor has determined you have no health goals to work on. You'll receive the full reward—just for being healthy.	\$300 Visa debit card
OR	
Your doctor has noticed areas you can improve on, and has assigned you a health goal* to work toward. You'll still receive a partial reward, and have the chance to receive the full reward.	\$100 Visa debit card
Once you've reached the health goal given to you by your doctor. Simply have your doctor fill out another Healthy Actions form and send it in to receive the rest of your reward. Just be sure to submit your the Healthy Actions form by the end of your plan year.	\$200 Visa debit card

* Please note: If it's unreasonable or medically inadvisable to meet a health goal due to a medical condition, you may be eligible for alternative ways to qualify for Healthy Actions. Your doctor can recommend alternatives that are appropriate for you, and those recommendations will be accommodated.

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Eligibility and Enrollment

The Healthy Actions program is available to employees enrolled in qualifying Blue Cross Blue Shield of Massachusetts plans, plans offered by employers who've purchased the program, or if you've enrolled directly in a qualifying plan and have purchased the program.

If you enroll in an eligible plan 7 months or more after the start of your plan year, you will not be eligible to participate in Healthy Actions and will need to wait for your plan to restart the following year.

If you are eligible, you will get a welcome letter in the mail explaining how to register within two weeks of the health plan's effective date.

Visit healthy-actions.com to learn more and get started today

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**).



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