



MASSACHUSETTS

ahealthyme®
Everything to live a healthier life

Programs, Discounts and Tools to Help You Stay Healthy



Everything You Need to Live a

Healthier Life

All in One Place

bluecrossma.com/ahealthyme



Your Personal Wellness Planner

Create Your Own Action Plan

With ahealthyme, you're getting personalized, action-oriented content, including:

- A Health Assessment that considers eight areas of your health and returns a well-being score and recommended resources
- Multi-week digital wellness workshops that educate you on an array of health topics
- Resources that aid in achieving health goals—from nutrition to strength training, to exercise and meal planning
- A Points Tracker that keeps you motivated by monitoring your progress toward your employer-sponsored wellness incentive
- Four- or six-week health challenges (including hydration, nutrition, steps, and physical activity) that will keep you moving toward better health



Healthy Resources

Learn About Health Your Way

- Read articles, tips, and our *Healthy Times* newsletter
- Watch videos and listen to podcasts
- Take quizzes, risk assessments, and more





Access and Convenience

Connected

Always on the go? No problem.
Access our mobile apps anytime, anywhere.



Meet the MyBlue App

Get Health Care Information Quickly and Easily

With the MyBlue App, you can:

- Use the digital ID card to direct-dial important numbers, email a PDF version to a doctor, or save a digital card to your phone
- See prescriptions history, including dosage and who prescribed it
- View financial account balances from Blue Cross or HealthEquity®
- And much more!

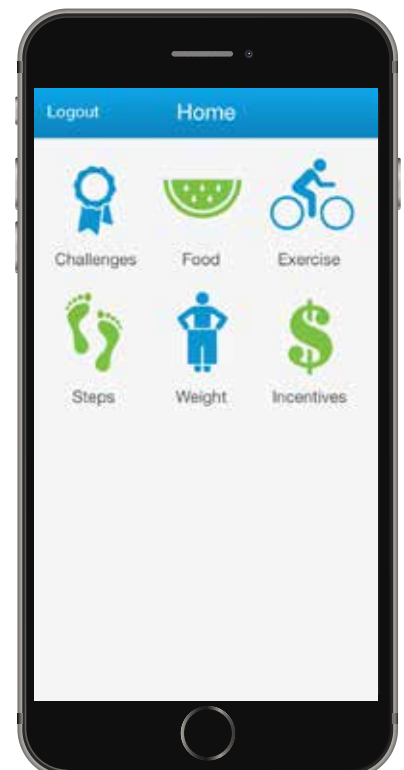
Go to bluecrossma.com/mobile

You're on the move—take HealthyNow with you!

We've partnered with Cerner, an independent company, to bring you the HealthyNow app, which lets you access the ahealthyme toolkit on your mobile device.

Log and track your exercise, weight, and nutrition efforts, and see real-time summaries of your progress—all in one convenient app.

Get started today. Visit ahealthyme.com/login and click on the **Activate** button.





From gym memberships and diet programs to family activities, we have just the deal for you.

Blue365[®]

Get Special Savings, 365 Days a Year

- Healthy Choices: fitness, weight management, food and nutrition, and stress management
- Health Care Resources: financial services and assessments, information about prescription drugs, hearing and vision care, and insurance tips
- Recreation and Travel: arts and entertainment, outdoor recreation, and travel tips

Go to bluecrossma.com/blue365



Blue365[®]

Because health is a big dealSM

Happier Beginnings Start Here

Our Tools and Resources Help You Plan for Every Step of Your Pregnancy and Beyond

Start the adventure by finding the right doctor

Use the Find a Doctor & Estimate Costs tool to choose a doctor or hospital that's right for you.

Track your 9-month adventure with the Ovia™ Pregnancy App

We've partnered with Ovia™ Health, an independent company and developer of the Ovia Pregnancy app, to make it easier for you to find maternity information and guidance when you need it.

Manage costs along the way

In addition to prenatal, labor, and delivery coverage that may be included in your plan, you may also be eligible to receive cost-saving maternity benefits, such as a no-cost breast pump and reimbursement for childbirth classes.

Talk with nurses on the journey

Have a question about a pregnancy symptom? Our nurses offer health education to support your pregnancy needs and postpartum care.

Get the facts from preconception through delivery and beyond

Access articles, interactive tools and quizzes, a due date calculator, sample birth plans, additional resources, and much more in our digital resource center, Living Healthy Babies®.

Go to bluecrossma.com/maternity





Alternative Medicine



Alternative

Save on alternative services nationwide like massage therapy and acupuncture.

Living Healthy NaturallySM

A Complementary Approach to Health

- **Services:** massage therapy, acupuncture, Pilates, yoga, and much more
- **Discounts:** save up to 30 percent on select services or medicine
- **Peace of mind:** relax knowing all practitioners meet requirements for education, training, and facilities

Go to bluecrossma.com/alternative-care

We're Here to Help



Member Service

For questions about your health coverage, claims, and benefits, call the number on the front of your ID card, Monday through Friday, 8:00 a.m. to 6:00 p.m. ET.



MyBlue

Review your claims and benefits information, order a new ID card, change your primary care provider, and do so much more.

bluecrossma.com/myblue



24/7 Nurse Care Line

Advice in an Instant

Talk to one of our registered nurses, at no cost, any time you have questions about your health. They'll help guide you through your next steps for care.

1-888-247-BLUE (2583)



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 Services 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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