



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

www.bluecrossma.com/ahealthyme



Whatever your health goals are—from losing weight to managing stress—ahealthyme can help you get there.



Access & Convenience



Discounts & Deals



Pregnancy & Parenthood



Alternative Medicine & Services

Español

Encuentra estos programas, herramientas y recursos disponibles en español que te ayudarán a mantenerte saludable.

Everything You Need to **Live a Healthier Life**

All in One Place

www.bluecrossma.com/ahealthyme



Your personal wellness planner

Create your own action plan

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated



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

Español

Recursos saludables para conocer el camino hacia una buena salud.

Visita

www.paramisalud.com



Connected

Always on the go?
No problem. Access our
collection of mobile applications
anywhere, anytime.



Web, Apps, Texts & Social



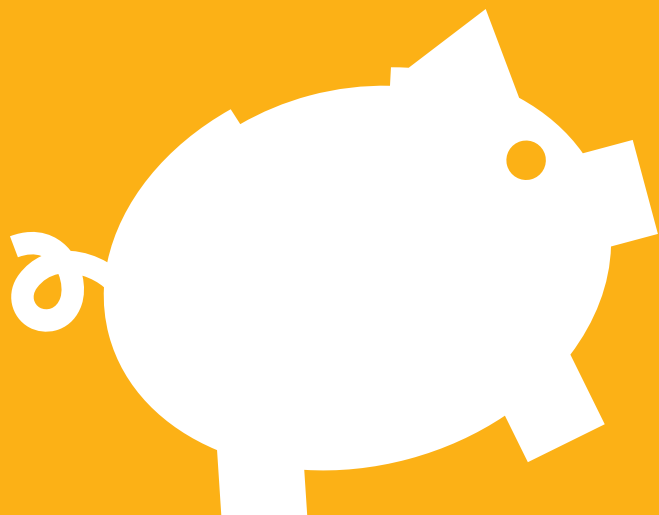
There's so much you can do on the go

- Find a doctor or hospital
- Manage your prescriptions
- Get weekly health tips via text throughout pregnancy and motherhood
- Follow us on Facebook, Twitter, and YouTube
- Track your progress toward your fitness and nutrition goals

Go to www.bluecrossma.com/mobile

Deals

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 www.bluecrossma.com/blue365

Family

Have questions about pregnancy, labor, and what to expect during your baby's first year? We can help answer your questions.



Living Healthy Babies®



A trusted, online resource for new parents

- **Pregnancy Prep:** understand your body and plan ahead with ovulation calculators
- **Pregnancy:** know what to expect in each trimester and download a birth plan
- **New Parents:** learn more about your baby's first year

Go to www.livinghealthybabies.com

Español ¿Tienes preguntas sobre el embarazo, el parto y qué esperar durante el primer año de tu bebé?

Visita <http://espanol.livinghealthybabies.com>

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

www.bluecrossma.com/alternative-care

We are here to help



Member Service

For questions about your health coverage, claims, and benefits.

Call the number on your Blue Cross ID card, Monday through Friday, 8:00 a.m. to 6:00 p.m. ET.

Español

Estamos para responder a tus preguntas sobre tu plan médico. Llama al número que se encuentra en tu tarjeta de identificación de Blue Cross.



Member Central

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

www.bluecrossma.com/membercentral



Blue Care LineSM

For questions about your health if you're hurt or sick and not sure where to get care.

Call us 24/7 to speak directly to a nurse who can help guide your care.

Español

Si tienes preguntas sobre tu salud, puedes comunicarte con un enfermero disponible las 24 horas del día, los 7 días de la semana.

1-888-247-BLUE (2583)