

# BUILDING HEALTHY HABITS JUST GOT EASIER

Get motivated to succeed with an enhanced online wellness program.



## TAKE THE FIRST STEP TOWARD A HEALTHIER LIFESTYLE

**ahealthyme**® is the newly updated, easy-to-use online program that can help you improve your physical, mental, and social health. From a comprehensive health assessment to educational videos and more, you can get a personalized plan based on your needs. Take the first step!

There are many areas of support, including how to:



GET FIT



IMPROVE YOUR  
NUTRITION



REDUCE STRESS

## REGISTER TODAY

To get started, sign in to **MyBlue** and click **ahealthyme** under **My Care**.

If you don't have a MyBlue account, you can access ahealthyme at [wellness.ahealthyme.com](https://wellness.ahealthyme.com), or by downloading the ahealthyme app, Alaveda, and using the code **wellness** when registering.

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).