

MASSACHUSETTS

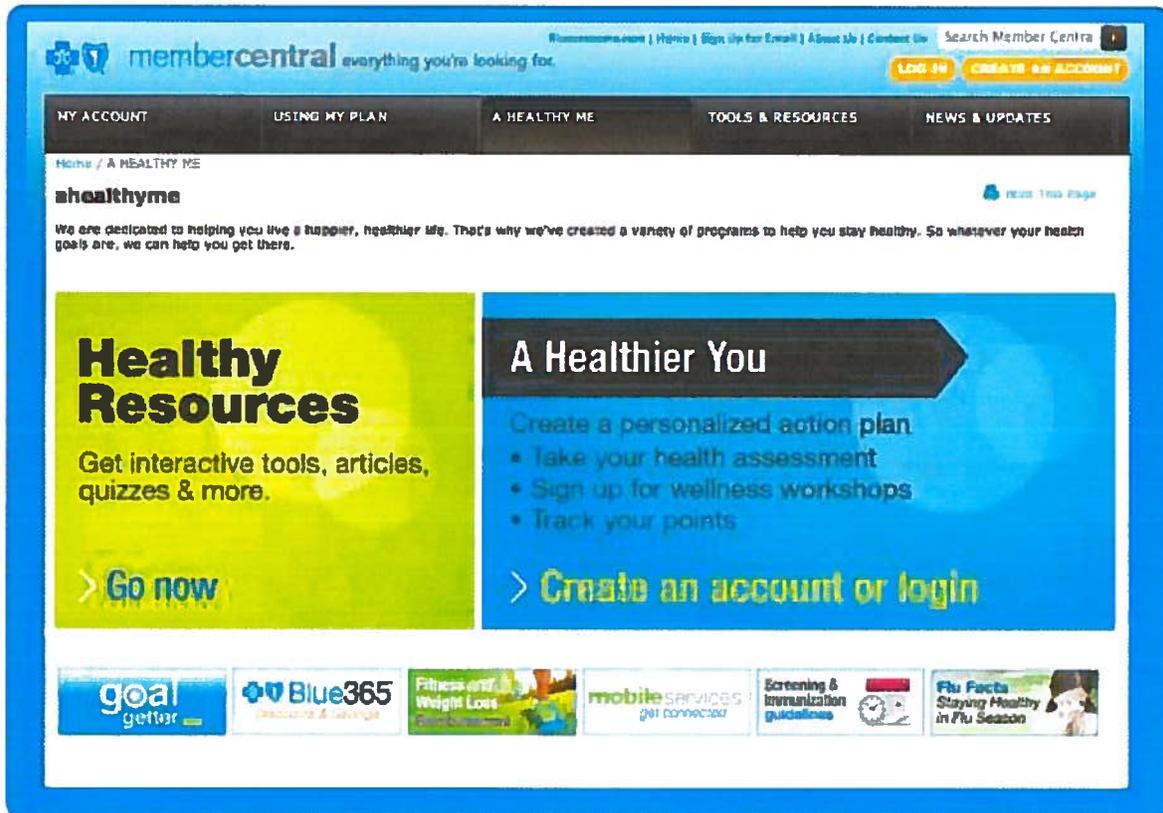
**ahealthyme**<sup>®</sup>  
Everything to live a healthier life

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](http://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.

Live  
Healthy

# ahealthyme®

## Your personal wellness planner

### Create your own action plan with

- 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](http://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





# 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](http://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 Naturally<sup>SM</sup>



### 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](http://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. E.T.

**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](http://www.bluecrossma.com/membercentral)



## Blue Care Line<sup>SM</sup>

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)**



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