



# BUILDING HEALTHY HABITS JUST GOT EASIER

Get motivated to succeed  
with a newly enhanced online  
wellness program!



**ahealthyme**® is an online program that can help you improve your physical, mental, and social health. Designed to empower and inspire, it helps you set and reach your personal wellness goals, so you can share your best self with your friends, co-workers, and loved ones.

## START FEELING YOUR BEST WITH TOOLS AND RESOURCES THAT INCLUDE:

- A comprehensive health assessment to gauge your current physical and emotional health
- A personalized wellness plan to develop healthy, long-term habits that stick
- Educational content and videos curated by health and wellness experts
- The opportunity to earn points for participating in healthy behaviors

### You can also engage in programs that help with:

- Stress management
- Sleep improvement
- Smoking cessation
- Nutrition
- Fitness
- Weight management
- Blood pressure

GET STARTED BY REGISTERING TODAY AND THEN TAKE YOUR HEALTH ASSESSMENT.

## Register Today

To get started, sign in to MyBlue and click **ahealthyme** under **My Care**. To earn incentive points for participating in the RCAB Health Benefit Trust Wellness Program, you must be registered in the new ahealthyme platform. Even if you previously registered in ahealthyme, you must register again starting **July 1 or later**.

If you don't have a MyBlue account, you can register at [wellness.ahealthyme.com](https://wellness.ahealthyme.com). or download the Alaveda app and use 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).