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.
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.paramisasalud.com
Connected


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 preguntass 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™

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.

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 Line℠

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.

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)