

MyBlue

Get health care information quick and easily. The MyBlue Member App gives members instant access to personal health care information anytime you need it. A simple tap connects you to your doctor, recent prescriptions, and claims history.

Well Connection

Get convenient medical and mental health care from licensed doctors, therapists, and psychologists using your favorite device. Sign in to the MyBlue app or visit bluecrossma.org and click Well Connection.

Learn to Live

Learn how to cope with stress and anxiety. This program can help you and your family members 13 and older at no cost to you. From the comfort of your home, get 24 /7 online support at the pace you and your family are comfortable with. Resources include:

- **Personal Assessment**
- **Unlimited Coaching**
- **Wellness Articles**
- **On-Demand Webinars**
- **Mindfulness Moments**
- **...and more!**

Visit learntolive.com/partners and enter code WELLNESS to start your assessment.

Additional mental health resources can be found at the BCBSMA Mental Health Resource Center, visit bluecrossma.org/mentalhealth

PillarRx Included with Blue Care Elect PPO

Save money on eligible medications with the cost-share assistance program. The program provides financial assistance using coupons from manufacturers of medication to cover most or all of your out-of-pocket costs for eligible medications. To get the savings, all you need to do is enroll. You don't have to change anything about your prescriptions, including how or where you fill them. PillarRx will monitor your claims every month to make sure you're receiving the correct savings. They will also provide additional support as needed. A Care Team Coordinator from PillarRx will be happy to help you enroll!

Blue Cross Blue Shield Global

Get quality health care no matter where you are in the world. Whether you're traveling within the United States or abroad, BlueCard® and Blue Cross Blue Shield Global® Core make sure you have access to top doctors and hospitals and concierge-level service. Call 1-800-810-BLUE (2583) for a list of participating doctors and hospitals, or to obtain an international claim form.



Maternity Resources

The BCBSMA Nurse Line offers specialized support and education for pregnant women and new mothers, including those struggling with postpartum depression. Nurse Care Managers can be reached at 1-800-392-0098 Monday through Friday, 8:30 a.m. to 4:30 p.m. ET. For after-hours assistance, you can reach a nurse on the 24/7 Nurse Line, at 1-888-247-2583.

Additional Resources can be found at bluecrossma.com/maternity

ahealthyme rewards

A wellness program that rewards you for making smart, healthy choices, every day. Get rewarded for making healthier choices every day. The more you do, the more points you'll earn—and the more rewards you'll get. Join in challenges, pick up healthy tips, and get on track to earn up to \$400 in rewards annually.

Weight-Loss Reimbursement

Your reward for healthy behavior. Receive up to \$150 annually when you participate in a qualified weight-loss program.

1. Start by picking a qualified weight-loss program.
2. Once you pay for the program, fill out the attached form, or sign in to MyBlue to submit online at member.bluecrossma.com/login.
3. Send the completed form to the address listed.

Fitness Reimbursement

Get rewarded for your healthy habits!

Qualified for Reimbursement:

- A full-service health club with cardiovascular and strength-training equipment like treadmills, bikes, weight machines, and free weights
- A fitness studio with instructor-led group classes such as yoga, Pilates, Zumba®, kickboxing, indoor cycling/spinning, and other exercise programs
- Online fitness memberships, subscriptions, programs, or classes
- Cardiovascular and strength-training equipment for fitness that is purchased for use in the home

