



## **MMHG Smart Consumer Programs**

Check out the following programs that may help you save time and money!

### **Telehealth-**

What is Telehealth? Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam. Check out the flyers below for the most common conditions treated including Behavioral Health.

- [BCBSMA Telehealth Flyer](#)
- [HP Telehealth Flyer](#)

### **SmartShopper Incentive-**

(BCBSMA Members only)-Receive a reward for shopping for high quality lower cost services.

- [SmartShopper Incentive Program Information \(BCBSMA non Medicare Members only\) FAQs](#)

### **CanaRx mail order prescription drug-**

This cost saving program is for members taking brand name maintenance medications approved by their doctor. It provides no copays with the convenience of receiving medications in the mail:

Visit <https://www.canarx.com/plan/?planid=MMHG> for up to date information with current BCBS/HP Formulary/Enrollment Form

### **Learn to Live Program\*** (all employees/retirees are eligible)

Are you struggling with Stress, Depression, Anxiety, Insomnia, Substance use? Try our free **confidential online program**: You and your family members (age 13 and older) can enroll for free in any of the interactive programs: RESILIENCE I STRESS, ANXIETY & WORRY I SOCIAL ANXIETY I DEPRESSION I INSOMNIA I SUBSTANCE USE I PANIC.

- [Learn to Live overview](#)

### **MMHG Wellness Program** (all members are eligible)- we offer many

seminars, webinars, cooking demos, smoking cessation, weight management programs, healthier you initiatives, exercise classes, and much more!

- [MMHG Wellness Website](#)
- [MMHG Wellness Webinars \(watch anytime\)](#)
- [Savory Living program-limited free spots still available](#)