

MMHG Smart Consumer Programs

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

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 www.MMHGRX.com 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 or Substance use? Try our free confidential online program:

- Learn to Live overview

MMHG Wellness Program (all members are eligible)-

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

- MMHG Wellness Website
- MMHG Wellness Webinars, Fitness Classes, Incentives, Challenges
- Virta- An Online Doctor-Backed Nutrition Program that combines Personalized Nutrition, Expert Medical Support, And Real Time Data To Help Participants Lose Weight, Lower Blood Sugar, And Restore Metabolic Health.
- Savory Living program-limited free spots still available
- Wellable On- Demand Fitness & more