



Mayflower Municipal Health Group & Blue Cross Blue Shield of MA

FY24 Wellness Incentive Program

Featuring a new ahealthyme wellness platform for BCBSMA members

Earn up to \$50 in Gift Cards!

The Mayflower Municipal Health Group (MMHG), and Blue Cross Blue Shield of Massachusetts (BCBSMA), invites you to take part in the **MMHG Wellness ahealthyme Incentive**.

Starting on **October 1, 2023** the Wellness Incentive will be available to all MMHG Blue Cross Blue Shield subscribers and spouses enrolled in active non-Medicare plans*.

- ⇒ **Successfully complete the confidential Health Assessment at ahealthyme by December 31, 2023 to earn 20 points and receive a \$25 Amazon gift card.**
- ⇒ **Earn 70 points at ahealthyme by May 31, 2024 and receive another \$25 Amazon gift card.**

Gift cards will be mailed to your address on file with Blue Cross Blue Shield, and can take up to 8-12 weeks to arrive.

Wellness Activity	Points	Information
Health Assessment	20 points	Required for rewards. Points will appear upon completion of health assessment.
Plan for Wellness	5 points each (10 max)	Access your Plan for Wellness tile on your ahealthyme program homepage and pick a plan that resonates with you. Earn points for up to 2 completed programs.
Routine Well-Visit	10 points	Points will be awarded to members who attend a routine well-visit with their PCP. Attestation available if needed.
Routine Dental Visit	10 points	<u>Points will be awarded to members who</u> attend a routine dental visit. Attestation available if needed.
Routine Cancer Screening	10 points	Points will be awarded to members who obtain an age-recommended routine cancer screening for breast, colon, and/or cervical cancer. Attestation available if needed.
Enroll in a Wellness Challenge	5 points each (20 max)	Enroll in up to 4 challenges via the Wellness Challenge tile.

Wellness Activity	Points	Information
Complete a Wellness Challenge	10 points each (40 max)	Complete up to 4 challenges by following the challenge description and hitting the final milestone before the challenge ends.
Tobacco Attestation Program	5 points	To share your tobacco free status, sign and submit the Tobacco Attestation under the Wellness Activities & Points tile. Or, complete the LivingFree course under the health and wellness courses.
Employer-sponsored Events	5 points each (15 max)	Earn points for participating in up to 3 MMHG-sponsored events: 2/5/24 Webinar: Disease Prevention & Metabolic Syndrome: Are You at Risk? 3/4/24 Webinar: Eat Like a Centenarian: Nutrition for Longevity 3/19/24 Webinar: Ditch the Diets

Important: You'll need to complete a new registration for the ahealthyme website, even if you had a previous ahealthyme account.

To get started:

- Sign in to [MyBlue](#) and click **ahealthyme** under **My Care**
- If you don't have a [MyBlue](#) account, you can access **ahealthyme** at wellness.ahealthyme.com, or by downloading the **ahealthyme app**, **Alaveda**, and using the code '**wellness**' when registering.

While on ahealthyme, take the opportunity to explore the new site and learn about the wide variety of resources available to help you live a healthier life. We recommend enrolling in a workshop to get started after taking the health assessment!

Program Questions? Please contact Kelly Morse Perez at 774-773-9306 or by email at wellness@mmhg.org

*In order to be eligible to participate and earn gift cards, you must be a Mayflower Municipal Health Group subscriber or spouse enrolled in an active Blue Cross Blue Shield of Massachusetts plan. Eligible plans include Traditional, Rate Saver, Benchmark HMO, PPO, and HD plans. Dependent children and Medex subscribers are not eligible to participate in the incentive program. Eligible subscribers and spouses are limited to earning two \$25 American Express gift cards during the Health Incentive program. The MMHG reserves the right to cap gift card awards at the amount budgeted for the incentive program.

**This program rewards BCBSMA members with points for completing routine health check-ups including a well-visit, dental-visit, or cancer screening. Once you've completed your visit, points will be automatically applied to your program (can take up to 3 months) OR complete the attestation for your health check-up. To complete your attestation click on the "Wellness Activities & Points" tile, then click "View program". Next to the Routine Health Checkup: Well Visit, Dental Visit, or Cancer Screening select the "+" and then click "Sign Here" and type your name and the name of the provider you visited. Once you've completed the attestation by clicking "submit," points will be automatically applied.