

The Mayflower Municipal Health Group (MMHG), in conjunction with Blue Cross Blue Shield of Massachusetts, invites you to take part in an online Wellness Program.

Starting on **January 1, 2022** the Wellness Program will be available to all MMHG Blue Cross Blue Shield subscribers enrolled in active non-Medicare plans\*. The program ends on **May 31, 2022**.

**Here's how to get started:** Log into your ahealthyme account at **www.ahealthyme.com/login**. ahealthyme is Blue Cross Blue Shield's member wellness website/portal. If this is your first time on the site you will need to create an account. Click on "Click Here to Sign Up." *If you experience problems logging in or have trouble navigating the ahealthyme secure site contact Blue Cross Member Services at 888-363-8069 (Monday through Friday, 8:00am to 9:00pm EST).*

**Successfully complete the following 3 steps between January 1, 2022 and May 31, 2022 to earn 50 points and receive a \$50 American Express gift card.** Eligible subscribers that earn 50 points can expect to receive their \$50 American Express gift card in the mail no later than 6-8 weeks after the program end date.

- 1. Take the Online Health Assessment:** Earn 15 points
- 2. Complete your annual Well-Visit:** Earn 15 points  
**\*\*See below for more information on how this works**
  - Adult Office Visit
  - Adult Office Visit: Family Planning
  - Adult Cancer Screening: Colonoscopy, Mammogram, Pap
  - Adult Routine Vision & Hearing
- 3. Complete a 4-6 Week Online Wellness Workshop at ahealthyme:** Earn 20 points

**Multi-Week Online Workshop topics include:**

- *Breathe Easy—Tobacco Cessation Wellness Workshop*
- *Finding the Right Balance—Weight Management Wellness Workshop*
- *Fit for Life—Physical Activity Wellness Workshop*
- *Smart Choices—Healthy Eating Wellness Workshop*
- *Take a Break—Stress Management Wellness Workshop*
- *Mindful Living—Mind and Body Connection Workshop*
- *Rest and Recharge—Sleep Wellness Workshop*
- *Smart Spending and Saving—Financial Wellness Workshop*
- *Healthy Mouth, Happy Smile—Dental Wellness Workshop*
- *Prediabetes Prevention—Wellness Workshop*
- *Advance Care Planning—Wellness Workshop*

While on ahealthyme, take the opportunity to explore the site and learn about the wide variety of resources available to help you live a healthier life. We recommend enrolling in a workshop just for fun! ***Stay tuned for additional programs offered throughout the year!***

**Program Questions?** Please contact Kelly Morse Perez at 774-773-9306 or by email at [wellness@mmhg.org](mailto:wellness@mmhg.org)

**Experiencing technical difficulties, or having trouble navigating the ahealthyme secure site?** Blue Cross can help. Member Services can be reached at 888-363-8069 (Monday through Friday, 8:00am to 9:00pm EST).

*\*In order to be eligible to participate and earn the \$50 American Express gift card, you must be a Mayflower Municipal Health Group subscriber enrolled in an active Blue Cross Blue Shield of Massachusetts plan. Eligible plans include Traditional, Rate Saver, Benchmark HMO, PPO, and HD plans. **Spouses, dependents and Medex subscribers are not eligible to participate in the incentive program.** Eligible subscribers are limited to earning one \$50 American Express gift card 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 Blue Cross Blue Shield of Massachusetts members over the age of 18 with incentive points for compliance with preventive care well-visits. Appropriate screenings can vary based on age and risk factors; however, preventive screenings examples include (but are not limited to): office visits, family planning office visits, cancer screenings, routine vision, routine hearing. Well-visit points will automatically populate on ahealthyme based on claims, age and appropriate look-back periods. Employees covered under Blue Cross Blue Shield of Massachusetts medical plan will receive their points by the 15<sup>th</sup> of the month following the claim receipt at BCBSMA, which can take up to 90 days.*

*On the 15<sup>th</sup> of each month of the program, points will be awarded for well visits and preventive screenings that took place for the previous year, for example on 3/15 points will be awarded for visits from March 2021 – Feb 2022 and so on throughout the program. If you are a new Blue Cross Blue Shield of Massachusetts subscriber, or your provider has determined your preventive well visit is not required during this time frame, you will need to complete the preventive well visit attestation on ahealthyme.*