

The Mayflower Municipal Health Group (MMHG), in conjunction with Blue Cross Blue Shield of Massachusetts (BCBSMA), invites you to take part in the **MMHG Spring 2020 Online Wellness Workshop Incentive Program**.

MMHG/BCBSMA subscribers and spouses enrolled in active non-Medicare plans* that successfully complete an online workshop between April 1, 2020 and June 30, 2020 will receive a \$25 gift card. It's that easy!

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." After you log in to **www.ahealthyme.com/login**, go to Wellness Workshops in the top navigation bar and select **Sign Up for a Workshop** from the drop-down list.
- Select the wellness workshop title you'd like to enroll in under **Add**, and then click **Sign Up**.*
- To begin, click the workshop title when it appears active.

Eligible subscribers and spouses that successfully complete a workshop can expect to receive a **\$25 gift card from Target** in the mail no later than 6-8 weeks after the program end date.

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.

Program Questions? Please contact Kelly Morse Perez at 774-773-9306 or by email at 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 \$25 gift card, 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, and High Deductible HMO and PPO plans. **Dependent children and Medex subscribers are not eligible to participate in the incentive program. Eligible members are limited to earning one \$25 gift card during the **MMHG Spring 2020 Online Wellness Workshop Incentive Program**. The MMHG reserves the right to cap gift card awards at the amount budgeted for the incentive program.*