



## Your Membership Has Its Perks

### Get the support and guidance you need to improve your health.

Looking to improve your health? Maybe you want to learn more about nutrition, or how to safely ramp up your activity levels—no matter your health goals, our programs offer the perfect mix of accessibility, support, and expert guidance.

#### Fitness/Weight-Loss Forms

Your Blue Cross Blue Shield health plan can save you up to \$150 annually on both health club and fitness class membership fees, as well as an additional \$150 annual reimbursement for qualified Weight Watchers<sup>®</sup> and hospital-based weight-loss programs. Getting each reimbursement is simple, and can be achieved in three easy steps.



1. Sign up for a health club/fitness class/qualified weight-loss program



2. Once you have paid for the club/class/program fill out the appropriate reimbursement form



3. Mail in your completed form to:

Blue Cross Blue Shield  
of Massachusetts  
Local Claims Department  
PO Box 986030  
Boston, MA 02298

#### ahealthyme<sup>®</sup>

With ahealthyme, get everything you'll need to live a healthier life, including an online health assessment, multi-week digital wellness workshops, educational resources to inform you on nutrition, exercise, and meal planning, as well as a points tracker to keep you motivated as you progress toward your employer-sponsored goals.

Visit [ahealthyme.com](http://ahealthyme.com) to get started toward better health today.

#### Blue365<sup>®</sup>

From gym memberships and diet programs to family activities and savings on fitness products, our Blue365 member discount program has just the deal you're looking for! As a member, you get access to special savings throughout the year on items and experiences that can range from health and fitness, to recreation and travel. See what you can save on today, visit [bluecrossma.com/blue365](http://bluecrossma.com/blue365).

## GlobalFit®

Looking for a discounted membership to one of the best network of gyms available? You're in luck—as a member you get access to more than 10,000 GlobalFit gym locations across North America at the lowest available price—guaranteed. Learn more about GlobalFit and get started today by going to [globalfit.com/parexel](http://globalfit.com/parexel).

## Alternative Medicine

For members looking to save on alternative medical services, we're proud to cover some of the most commonly used services—such as yoga, massage therapy, acupuncture and more—from certified providers, nationwide. Visit [bluecrossma.com/alternative-care](http://bluecrossma.com/alternative-care) to see how you can take a more complementary approach to your health, plus save up to 30 percent on select services and products.

## MyBlue® Member App

Download our MyBlue app and register your account to get a simple, secure, and convenient way to manage your health care and plan. With our app, you can look up personal health care information quickly, access an interactive ID card, direct dial important phone numbers, review recent claims, doctor visits, prescriptions, and much more! Get started by visiting [bluecrossma.com/mobile](http://bluecrossma.com/mobile).

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).



MASSACHUSETTS

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