



MASSACHUSETTS

THE CARE YOU NEED. WHENEVER AND WHEREVER.



You have more ways than ever to get
expert medical opinions and advice.
Right when you need them.

BECAUSE GUIDANCE AND ADVICE SHOULD HAPPEN ROUND THE CLOCK.



24/7 NURSE LINE



VIDEO DOCTOR VISIT



DOCTOR'S OFFICE



URGENT CARE

Go to the nearest emergency room when you're facing a life-threatening situation or think you could put your health in danger by delaying care.
The information in this document doesn't replace the advice of a health care provider. You should speak to your provider about any specific health concerns.

Sign In

Download the MyBlue App today from the App Store® or Google Play™,
or visit **bluecrossma.org**.



MASSACHUSETTS

BUILDING HEALTHY HABITS JUST GOT EASIER

Get motivated to succeed
with an enhanced online
wellness program!



ahealthyme[®] is an online program that can help you improve your physical, mental, and social health. Designed to empower and inspire, it helps you set and reach your personal wellness goals, so you can share your best self with your friends, co-workers, and loved ones.

START FEELING YOUR BEST WITH TOOLS AND RESOURCES THAT INCLUDE:

- A comprehensive health assessment to gauge your current physical and emotional health
- A personalized wellness plan to develop healthy, long-term habits that stick
- Educational content and videos curated by health and wellness experts
- The opportunity to earn points for participating in healthy behaviors

You can also engage in programs that help with:

- Stress management
- Sleep improvement
- Smoking cessation
- Nutrition
- Fitness
- Weight management
- Blood pressure

Coming soon

We'll let you know when the enhanced program is live.