

THE WELLNESS PROGRAM THAT PAYS TO BE HEALTHY

With Healthy Actions®, we make healthy living simple. We help you better understand your overall health, and motivate you to set goals toward a healthier you. Plus, when you take steps toward reaching your unique health goals, you can earn up to **\$300!**



GETTING REWARDED IS EASY



Complete a quick
online health
assessment.¹



Ask your doctor to
fill out the Healthy
Actions form.



Submit your completed
form through your computer,
mobile device, or by mail,
and get rewarded!

Participation in Healthy Actions is completely voluntary, and available at no cost to you.

Questions?

Visit healthy-actions.com to learn more and get started today.



MASSACHUSETTS

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).