



MASSACHUSETTS

IT PAYS TO BE HEALTHY

Earn up to \$300 with Healthy ActionsSM

Living your healthiest life can earn you up to \$300 per plan year when you participate in Healthy Actions. Sign up today to get a better understanding of your overall health, and find new, achievable ways to reach specific health goals you set with your doctor. The program is available at no additional cost, and it's administered by BravoSM, an independent company. Participation is voluntary.



GET STARTED



Register for
an account at
healthy-actions.com.



Complete a
health assessment.



Print the Healthy
Actions form, and ask
your doctor to fill it out.



Submit your
completed form
online or by mail.

HOW TO EARN REWARDS

1. If your doctor says you don't have any health goals to work on, you'll receive the full reward, a \$300 pre-paid debit card.
2. If your doctor assigns you a health goal, you'll receive a partial reward, a \$100 pre-paid debit card. Once you've reached your health goal, your doctor needs to fill out another Healthy Actions form. After you submit it, you'll receive the rest of the reward, a \$200 pre-paid debit card.

IMPORTANT INFORMATION

- This program is only available to Blue Cross Blue Shield of Massachusetts subscribers.
- If you enroll in a qualifying plan seven months or more after the start of the plan year, you're not eligible to participate until the start of the following plan year.
- If you've earned a reward, you'll receive your pre-paid debit card in the mail approximately two to three weeks after you submit your completed Healthy Actions form. You'll also receive instructions on how to use the card and check your balance. Please keep the card and instructions for your records.
- Rewards may be considered a taxable form of income, so please consult your tax advisor.

Learn More

Go to healthy-actions.com.

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).