

Online Resources Fact Sheet

Blue Cross Blue Shield of Massachusetts



Prevention and Wellness

BCBSMA offers a wide array of web-based tools to you as a BCBSMA member. BCBSMA offers these tools to its members to take greater control of their health plan in a convenient, easy-to-use, and secure manner. Members have access to a wide range of information and services. The following is an overview of our online offerings.

[Mybluehealthma.com](http://mybluehealthma.com)

BCBSMA's comprehensive wellness portal with online suite of lifestyle management tools and resources that includes a personal Health Assessment, online coaching through the "Ask the Expert" tool, and a customized home page. Members can access a number of different health tracking and lifestyle management tools that can be customized to meet personal health objectives, including smoking cessation, exercise, nutrition, weight management, stress management and depression resource guides.

[Member Central \(bcbsma.com\)](http://bcbsma.com)

Online destination for general health plan information, medical, dental, and pharmacy plan-specific education, discounts, health management programs, online communities, mobile applications, maternity, value-added benefits, and more.

[Blue365[®] \(available through bcbsma.com\)](http://bcbsma.com)

Blue365[®] complements BCBSMA member's health plans by offering resources which promote a healthy lifestyle. Examples include, but not limited to fitness center discounts, travel discounts, weight watchers discount and much more.

ahealthyme.com

Our award-winning, public health and wellness website that offers easy access to information and practical advice on a variety of health-related topics. Includes a medical library, cool tools, and wellness centers.

[MyBlueCommunity \(bcbsma.com\)](http://bcbsma.com)

My Blue Community is a health-focused social networking experience that brings you together with other Blue Cross Blue Shield members from across the country in one convenient location. Whether you're looking for fitness and nutrition tips, seeking support on different diseases and conditions, or exploring personal health, My Blue Community is your new online destination for social health and wellness.

[QuitNet](http://quitnet.com)

Members have access to QuitNet online as part of the MyBlueHealthma.com wellness portal. QuitNet has the world's largest online community for people looking to give up tobacco and those that have already quit for good. QuitNet is renowned for its mutual support and its set of proven tools, 24/7 support, and outstanding success rates to help people become, and stay, tobacco free.

[LivingHealthyBabies.com](http://livinghealthybabies.com)

This program offers information and resources to help the mother before she conceives, during pregnancy, and after her baby is born.