



Your Guide to the *ahealthyme* Platform Plan Year 2025-2026

The Archdiocese of Boston Benefits Department has created this Guide to help you navigate the *ahealthyme* platform. To be eligible to earn HRA or HSA dollars for participating in the RCAB Health Benefit Trust Wellness Program, employees and spouses must be enrolled in the RCAB Health Plan **and** registered in *ahealthyme*. Registration is easy! Sign in to your MyBlue account at member.bluecrossma.com/login and click on *ahealthyme* under **My Care**. If you don't have a MyBlue account, you can register at wellness.ahealthyme.com. Once registered, you may access *ahealthyme* through the mobile app Alaveda, available on the Apple App or Google Play Store. Enter the code **Wellness** when prompted.

Points

NEW! Please disregard any reference to points in the *ahealthyme* platform. Effective July 1, 2025, the Wellness Program does not use a point system. Instead, you earn HRA/HSA dollars for each completed wellness activity as outlined in the RCAB Health Benefit Trust Wellness Program flyer. **Since the Wellness Program operates on multiple platforms, you are encouraged to track your financial incentives throughout the Plan Year.**

Challenges

Although there is an option to participate in challenges in the *ahealthyme* platform, financial incentives are only awarded for completing Challenges in the MoveSpring platform. Please refer to the **MoveSpring Challenge flyer** for a list of Challenges offered throughout the Plan Year.

Employer Sponsored Events

Employees and spouses can earn HRA/HSA dollars for participating in worksite or family events, referred to as Employer Sponsored Events in the *ahealthyme* platform. Although not labeled in *ahealthyme*, the following Events are incentivized:

Event 1 - Worksite or Family Event (awarded after completion of second event)

Event 2 – Health Coaching or Care Management (awarded after successful completion)

Event 3 – Event 3 has no designated Employer Sponsored Event. Incentives will be awarded for special events hosted by the Benefits Department throughout the Plan Year.

For additional information on these Events, refer to the **Wellness Program flyer**.

Tobacco Attestation

Although you are encouraged to avoid tobacco products, financial incentives will not be awarded for satisfying this wellness activity.

For questions about the Wellness Program, please contact the Benefits Department at benefits@rcab.org or 617-746-5640.