

GET REWARDED FOR MEETING YOUR HEALTH GOALS

The Archdiocese of Boston Health Plans are committed to helping you live a healthier life. When you set and complete a personal health goal with a Wellness Coach or Care Manager through one of the following programs, you can earn \$100* in your Health Reimbursement Arrangement (HRA) account or Health Savings Account (HSA) with HealthEquity. Both programs are available at no additional cost to you.

WORK WITH A PERSONAL WELLNESS COACH

All Enrolled Employees and Spouses Are Eligible

The Blue Cross Blue Shield of Massachusetts team of clinicians, who are also certified Wellness Coaches, are fully equipped to offer you one-on-one support to help you meet your personal health goals. This program, which typically lasts up to three months and is conducted telephonically, lets you work with a Wellness Coach who can help you build strategies for:



STRESS
MANAGEMENT



HEALTHIER
EATING HABITS



QUITTING
SMOKING



INCREASING YOUR
ACTIVITY LEVEL



WEIGHT
MANAGEMENT

Personalized Support Is a Phone Call Away

To get started, call 1-800-392-0098 and select option 1, Monday through Friday from 8:30 a.m. to 4:30 p.m. Once you are enrolled, a coach will schedule calls with you up to 8:00 p.m. ET.

GET ONGOING SUPPORT FROM A CARE MANAGER

Enrolled Employees and Spouses with Chronic/Complex Health Conditions are Eligible

For eligible employees and spouses, Care Management offers personalized, ongoing support from registered nurses, social workers, and dietitians. A Care Manager will contact you directly by phone to determine how they can help:



COORDINATE
YOUR CARE



SET AND MEET YOUR
HEALTH GOALS



UNDERSTAND YOUR CONDITION
AND HOW TO STICK TO YOUR
TREATMENT PLAN

Care Management is completely voluntary and is in addition to the regular care you receive from your primary care provider.

*You can only be awarded \$100 into your HRA or HSA for completing a health goal through one of these programs, not both. You must sign up with a Wellness Coach or Care Manager between July 1, 2025 and March 1, 2026 and successfully complete the program. Coaching must be completed by May 31, 2026.

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).