

### What is the ahealthyme secure website?

The new [ahealthyme secure website](#) assesses, informs, and tracks what you want about your health—from screenings to weight loss to stress—all from your computer or smartphone. ahealthyme has been designed to be interactive and fun while helping you reach your personal wellness goals.

#### ahealthyme has:

- A Health Assessment that looks at eight different areas of your health and provides you with a personalized wellness score
- Interactive, no cost workshops on a wide-range of topics from getting active, to weight loss, to stress management
- All the tools you need to stay on track including nutrition and exercise logs, a recipe library and a meal planner
- A points tracker to keep you motivated and help you monitor your progress toward your employer-sponsored wellness incentive\*

Each month new content is featured on the ahealthyme homepage, highlighting a timely health topic, featured tool, a wellness newsletter, and a recipe.\*\* There is always a reason to log on to ahealthyme to see what's new!

*\*Incentives are determined by the employer*

*\*\* May vary based on employer-specific customization*

### How can ahealthyme help me reach my wellness goals?

Everyone has different health and wellness goals, and the ahealthyme secure website offers a variety of options to help you reach them. Whether you wish to get fit, improve your eating habits, or better manage stress— ahealthyme has all you need to live a healthier life.

Below is a list of tools available on ahealthyme that can help support you on your wellness journey. They are organized by where you can find them in the top navigation bar, located on your ahealthyme homepage.

## My Health Tools

Get started by taking the [Health Assessment](#) (HA). The HA survey will ask you questions about eight different areas of your health and provide you with a personalized wellness score that gives you a snapshot of your health today. By completing the health assessment, you'll be provided with content and workshop recommendations that are relevant to your specific health needs.

Have a health question? Check out the [Health Library](#), which provides you with articles, decision tools, and a symptom checker on a wide range of health and wellness topics.

## Wellness Workshops

Wellness workshops are interactive modules designed to be engaging and fun, while providing you with the resources and tools you need to reach your wellness goals. Wellness workshops cover a variety of topics ranging from stress management to healthy eating to smoking cessation. Under [Sign-up for a Workshop](#) (in the sub navigation bar under Wellness Workshops) you can enroll in and add workshops to your queue. You can also review your workshop tasks under [My To-Do List](#).

## Nutrition

In this section, you'll find tools to help make healthy eating easier. Check out the [Choose Meal Plan](#) to create a meal plan based on your nutrition goals. Whether you have diabetes, follow a vegan or vegetarian eating plan, or looking to eat heart healthy – there is a plan designed for you. The tool also makes it easy to print out shopping lists and change out food options if necessary.

Start tracking what you eat by using the [Food Log](#). As you record your foods, you can see in real-time how close you are to your recommended total daily calories. There are over 25,000 foods to choose from in the log, including brand names and restaurant foods. Once you start logging your food, check out the [My Nutrition Needs](#) to see how what you eat stacks up to what your body really needs. Also, don't forget to check out the [Recipe Library](#), which provides hundreds of healthy recipes created by dieticians. You can search recipes by type (ex. dinner), name (ex. lasagna), or ingredient (ex. apples).

## Exercise

Check out the [Exercise Planner](#) to choose an exercise plan based on your interests and fitness level – from beginner walker, to joint-friendly, to boot camp, there is something for everyone. All plans are designed by professional trainers. Each plan gives you exercises, intervals, and short videos to show you how to do the exercises. Also, make sure to take advantage of the [Exercise Logs](#) to track your steps, strength, cardio and see all the calories you've burned under [Exercise Log Totals](#).

### What is the ahealthyme health assessment?

The **ahealthyme health assessment** is a health survey that takes just 15 minutes to complete and provides you with a snapshot of your health today.

Once you complete the survey, you will receive an interactive health assessment report and a personalized wellness score. The health assessment report will help you understand how you are doing in eight areas of your health, and recommend content and tools you may find helpful based on your survey responses. After you complete the ahealthyme health assessment, we encourage you to check out the **Health Articles, Risk Advisor, and Wellness Plan** sections of the site. Using these tools you can create a personalized approach to reaching your wellness goals.

### What is the Points Tracker?

The **Points Tracker** is an easy way to track your progress completing wellness-related tasks on ahealthyme. If your employer offers a wellness incentive, you'll be able to view this tool and use it to track your progress toward your reward(s). It will not be displayed if your employer is not offering a wellness incentive.

The Points Tracker can be found on your [ahealthyme secure site](#) homepage directly below the image slider. The Points Tracker shows you a real-time total of your points. The medal on the far right side of the tracking bar represents the highest point total possible. To see how to earn points, click on **Details** above the tracking bar or click on **How to Earn Points** in the image slider or **My Points** in the navigation bar at the top of the homepage.

### What is a wellness workshop?

**Wellness workshops** are interactive learning modules designed to be engaging and fun, while providing you with the resources and tools you need to reach your wellness goals. Workshops are designed to keep you engaged and motivated while fitting into your busy schedule. Topics include:

- *Breathe Easy* – Tobacco Cessation (5 weeks)
- *Fight the Flu* – Flu Awareness and Prevention (1 week)
- *Finding the Right Balance* – Weight Management (7 weeks)
- *Fit for Life* – Physical Activity (4 weeks)
- *Smart Choices* – Healthy Eating (4 weeks)
- *Take a Break* – Stress Management (4 weeks)
- *Mindful Living* – Mind and Body Connection (4 weeks)
- *Sleep Better* – Sleep Improvement (4 weeks)
- *Smart Spending and Saving* – Financial Wellness (4 weeks)

When you sign up for a wellness workshop, a week's worth of tasks will appear in your ahealthyme homepage's to-do list. Tasks within a workshop vary, but can include reading articles, watching videos and using [ahealthyme's](#) interactive tools and trackers.

### Can I access the ahealthyme secure website on my phone?

Yes! The ahealthyme app "Healthy Now" is available for iPhone and Android devices. The Healthy Now app is free and can be downloaded from either the Apple App Store or Google Play. You must activate the app on ahealthyme before you can use it.

The Healthy Now app complements the ahealthyme website experience by providing an interactive and personalized way to log and track activity on the go. With a few taps, individuals can:

- Track meals and snacks using the searchable food database and keep tabs on daily nutritional information including calories, carbs, proteins and fats
- Log and track weight, exercise and steps using the mobile logs
- Record and review team challenge activities (if applicable)
- View wellness incentive program details and track progress (if applicable)

At a glance, individuals can use the app to view a comprehensive summary of their wellness goals on a daily basis and monitor their progress over time – all in one convenient place.

#### Activate the app:

**Step 1:** Visit the ahealthyme homepage ([www.ahealthyme.com/login](http://www.ahealthyme.com/login)) and click on the app button.

**Step 2:** Follow the instructions provided, register a phone number, and create a pin code.

**Step 3:** Search for HealthyNow (one word) and download the app from either Google Play or the App Store.

**Step 4:** Activate the app on the phone using the portal code **BCBSMA**.

**Step 5:** Input the cell phone number and PIN code created.