



Easy

to get started.
to get rewarded.

Let's get to the point of it.

1

Create your account at
ahealthymerewards.com
Be sure to bookmark the site.

2

Once you've accessed your account,
set your goals and interests.

3

Register or connect your activity tracking
device and app. Wearing a device is the
fastest way to earn points and get rewards.



MASSACHUSETTS

ahealthyme[®]
REWARDS 

Points, and how to earn them.

What You Do		How Often	Requirements	Points ¹
Preventive Health Take a few proactive steps.		Annually	Set a well-being goal Get a flu shot Preventive cancer screening (i.e. mammography, cervical cancer screening, colonoscopy) Well visit compliance Complete your Health Pulse Check	200 points 250 points 500 points 500 points 1,000 points
Interests		Quarterly	Set interests	100 points
Physical Activity Sync your steps.		Daily	Per 1,000 steps (validated, 14,000 steps max) 15 or more active minutes 30 or more active minutes 45 or more active minutes *Maximum of 140 points per day	10 points* 70 points 120 points 140 points
		Monthly	Take 7,000 steps 20 days a month Take 10,000 steps 20 days a month	400 points 500 points
Self-Tracking Track healthy habits and activities.		Daily	Healthy Habit Tracking (up to three a day)	10 points
		Monthly	Enter your weight or blood pressure Complete 10 days tracking in a month Complete 20 days tracking in a month	50 points 200 points 300 points
		One-time	First time tracking healthy habits five days in a month	100 points
Cards Complete, learn, and earn.		Daily	Complete cards (up to two per day)	20 points
		Monthly	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 points 200 points
Challenges Set and achieve inspiring goals.	Personal Challenges	Monthly	Create a personal challenge Join a personal challenge	50 points 100 points
	Healthy Habit Challenges	Monthly	Achieve the healthy habit goal five days in a week	200 points
	Destination-Based Steps Challenges	Quarterly	Join the company challenge Post a chat comment at least once a week during the challenge period Track steps at least once a week during the challenge period Create and fill a team in the company challenge Unlock a destination Reach the final stage of a challenge	100 points 100 points 100 points 250 points 100 points 100 points
Nutrition See how healthy choices add up.		Daily	Daily calorie tracking using MyFitnessPal	20 points
		Monthly	Track calories 10 days in a month Track calories 20 days in a month	200 points 300 points
		One-time	Connect calorie tracker to MyFitnessPal	100 points
Sleep Connect more sleep to better health.		Daily	Track sleep manually Track sleep nightly (validated) Sleep more than seven hours a night (validated)	10 points 20 points 50 points
		Monthly	Track sleep 10 days in a month Track sleep 20 days in a month Sleep more than seven hours, 20 days a month	100 points 200 points 300 points
More Ways to Earn Do the little things.		One-time	Registration Connect first activity device Add profile picture Add your first five friends Add a friend outside of your company Refer up to five colleagues (50 points each) First login on your mobile app	100 points 200 points 100 points 250 points 100 points 250 points 250 points

Ready, set, register.

ahealthmerewards.com

¹Program is available to Blue Cross Blue Shield of Massachusetts subscribers only.

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