

# WALK YOUR WAY TO REWARDS

You can earn up to \$400\* annually when you participate in **ahealthyme Rewards®**.



## EARN BIG WITH AHEALTHYME REWARDS

Sign up for ahealthyme Rewards and get rewarded for making healthier choices every day. You can also get a Max Buzz™ activity tracker at no additional cost.

## APPALACHIAN TRAIL

Time to get rugged! Your crew is going start to finish on this legendary trail. Trek to each destination, unlocking American backcountry and survival tips as you go. Better pack your team spirit and gusto — it's a long hike!

Registration Starts: October 21, 2024

Challenge Starts: November 4, 2024

Challenge Ends: December 2, 2024

## Sign Up

Sign in or register for an account at [ahealthymerewards.com](https://ahealthymerewards.com).  
Be sure to connect your activity tracker. The more steps you log, the more rewards you can earn!

## EARN POINTS WITH JOURNEYS®

These self-guided programs offer tips on how to eat healthy, reduce stress, manage your money, improve your sleep, and be more active—all while you earn points toward \$400 in annual rewards.



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**).