

We invite you to your one stop wellness destination – ahealthyme!

[ahealthyme](#) is a digital experience provided by Blue Cross Blue Shield of Massachusetts.

Everyone has unique health and wellness goals. [ahealthyme](#) offers you several solutions that can help you reach your personal goals—no matter what they may be! *Want to get fit? Improve your eating habits? Better manage your finances?* Find tools and resources that can help you live a healthier life on [ahealthyme](#). Take a sneak peek here: [ahealthy digital experience](#)

1. To get started, go to <http://www.ahealthyme.com/login> and click on “Click here to sign up>>”
2. Complete all required fields on the page. You will need to create a unique username and use a valid email address.
3. Once your information is entered, scroll to the bottom of the page to review the Terms of Use and Privacy Policy. You must click the ‘Accept’ radio button to finalize the registration process. Once complete, click the ‘Submit’ button located at the bottom of the page.
4. You will be brought your [ahealthyme](#) homepage.

The secure [ahealthyme](#) assesses, informs, and tracks what you want about your health—from exercise to weight loss to stress—all from your computer or Smartphone.

ahealthyme Website Support

Having technical difficulties or issues navigating the website? Please call our knowledgeable ahealthyme customer service representatives for assistance.

For telephone support, please call: (888) 617-0696

Monday through Friday, 8:00am to 6:00pm EST

