Create an account:

1. Go to: www.ahealthyme.com/login*
2. Click on Click here to sign up
3. Follow steps to register (next slide)

*Access is also available via BCBSMA's Member Central website
Account Creation and log in process

Create an account (cont.):

4. Complete the site registration form. You will need either your BCBSMA member number (do not include the letters preceding the 11-digit number). To receive text message reminders, provide your cell number and select your cell phone provider.

5. Read and agree to the Terms of Use and Privacy Policy and hit the submit button.

6. Once you hit submit you'll be taken to the ahealthyme homepage.
Taking the health assessment

Locating the health assessment on the homepage:

1. The health assessment is accessible under the My Health Tools in the top navigation bar
2. The health assessment is in the image slider*
3. The health assessment is the first step in the Start Here widget

*Recommended