



TeamstersCare 2025 Wellness Program

TeamstersCare is pleased to invite **members and spouses** actively enrolled in **Blue Cross Blue Shield (BCBS)** coverage to participate in our **2025 Wellness Program**. Once again, this year, qualified participants can utilize the **AHealthyMe platform** to **earn points toward gift card vouchers** by completing activities designed to improve overall health.

The 2025 program runs from **January 1st through December 31st, 2025**. You may want to keep this letter handy to use as a guide to track your activities. Sign into your AHealthyMe Account any of the following ways:

- Sign in or create a **MyBlue** account at **bluecrossma.org**, then select ahealthyme under **My Care**
- Visit **<https://wellness.ahealthyme.com>**
- Download the **Alaveda app**, and enter registration code **wellness**

Program participants have **until 12/31/25** to earn points toward gift card voucher rewards. Here's how the points work:

- Complete the Health Risk Assessment and receive a \$50 gift card voucher*
- Earn 70 or more points on the platform and receive an additional \$100 gift card voucher*

Please note: *you must remain actively enrolled in BCBSMA medical coverage throughout the program and upon program completion to receive a reward.*

Please see the table below for a summary of wellness activities you may complete to earn points. All points will be tracked under the **Wellness Activities & Points** tile on your ahealthyme dashboard. Upon completion of most wellness activities, points will be automatically applied.

Wellness Activity	Points	Information
Health Assessment	20 points	Points will appear upon completion of health assessment. Participants who complete this task by 12/31/25 will receive a \$50 gift card voucher.
Plan for Wellness	5 points each (10 max)	• Access your Plan for Wellness tile on your ahealthyme program homepage and pick a plan that interests you. • Earn points for up to 2 completed programs.
Routine Well-Visit**	10 points	Points will be awarded to members who attend a routine well-visit with their PCP.

**The dollar amount you receive in gift card vouchers may be considered taxable income. Consult your tax advisor about how to treat this reimbursement on your taxes.*

*** For routine visits and screenings, points are awarded by the 15th of the month following the claim submission, which can take up to 90 days. If your visit or screening is October 1st or later, you must also complete the associated Attestation to ensure that you receive your points before the Program ends.*



Routine Dental Visit**	10 points	Points will be awarded to members who access a TeamstersCare Dental Office or a Dental Blue provider for a preventive dental visit. Those who receive preventive care at TeamstersCare Dental Office must also complete the associated Attestation to earn 10 points.
Routine Cancer Screening**	10 points	Points will be awarded to members who obtain an age-recommended routine cancer screening for breast, colon, and/or cervical cancer.
Enroll in a Wellness Challenge	5 points each (20 max)	Enroll in up to 4 challenges via the Wellness Challenge tile (see below for additional details).
Complete a Wellness Challenge Complete each quarterly challenge for a chance to earn additional incentives!	10 points each (40 max)	Complete up to 4 challenges by following the challenge description and hitting the final milestone before the challenge ends. SAVE FOR THE FUTURE Enrollment: 1/13/25 through 1/26/25 Challenge starts: 1/27/25, Challenge Ends: 2/23/25 GO THE DISTANCE Enrollment: 4/7/25 through 4/20/25 Challenge starts: 4/21/25, Challenge Ends: 5/18/25 ROUTINE IS KEY Enrollment: 9/1/25 through 9/14/25 Challenge starts: 9/15/25, Challenge Ends: 10/12/25 THE ATTITUDE OF GRATITUDE Enrollment: 11/3/25 through 11/16/25 Challenge starts: 11/17/25, Challenge Ends: 12/14/25
Tobacco Attestation Program	5 points	Sign and submit the Tobacco Attestation under the Wellness Activities & Points tile, or complete the LivingFree course under the health and wellness courses.
Employer-Sponsored Events Visit www.teamsterscare.com to register for virtual webinars.	5 points each (15 max)	TeamstersCare is pleased to announce the addition of live virtual webinars offered through Wellness Concepts: CHOLESTEROL COUNTS – Reducing Cholesterol through Good Nutrition Friday, February 7, 2025 from 12:00PM-1:00PM EST QUICK, EASY, FRESH – Everyday Meals in Minutes Monday, March 10, 2025 from 6:00PM-7:00PM EST MENTAL HEALTH & STRESS MANAGEMENT – Extinguishing Burnout Sunday, May 4, 2025 from 10:00AM-11:00AM EST

If you have any questions about the Program, email wellness@teamsterscare.com or call TeamstersCare Member Services at 1 (617) 241-9220 ext. 2. Additionally, members with questions about the AHealthyMe platform may email ahealthyme@medikeeper.com or call 1 (844) 960-4806.

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