



Your future self will thank you.

**Where would you like your health to be a year from now?
How could your life be better if you made some changes?**

Your health plan includes programs that can help you live healthy every day. The first step to success is starting!

Health and wellness resources for:

- Anxiety
- Asthma
- Bones and joints
- Cholesterol
- Depression
- Diabetes
- Fitness and exercise
- Heart and lung disease
- High blood pressure
- Pregnancy
- Quitting tobacco
- Sleep problems
- Stress
- Substance use
- Weight loss

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns. Image(s) may have been created or enhanced using artificial intelligence tools.

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Find out more.

Access your health and wellness programs in one place.

1. Scan the code.
2. Log in to **bcbsmt.com**.



Scan this
QR code
to visit
bcbsmt.com.