



## 2024 FLEX CARD MEMBER GUIDE OVERVIEW

1. To activate your card, call the activation number: **1-(844) 210-2175 (TTY 711)** or visit **MAFlexCard.com**.  
*Cards must be activated prior to use.*
2. Use this card for the following:
  - Fitness Allowance
  - Weight Loss Allowance
  - Rewards & Incentives
3. Use your card on eligible items at participating stores. To find eligible items and participating stores, visit **MAFlexCard.com** and create an account, or call **1-800-971-6798 (TTY 711)**.
4. Download the **myTotal Benefits** app from the app store on your smart phone and use it to view balances, make purchases, manage your account and more.

The first time you go to **MAFlexCard.com** or use the **myTotal Benefits** app you need to register, create a username and password, to log in. You only need to do this one time. Once done, you can use the same username and password to log in to both **MAFlexCard.com** and the **myTotal Benefits** app.



### Fitness Allowance

**\$250** per year

You can use your Flex Card to spend up to \$250 per year on personal fitness. To help you select fitness options that are covered by your allowance, please review the lists below. Additional details are available in your Explanation of Coverage.

#### Qualified for Allowance:

- Full service health clubs with cardiovascular and strength-training equipment
- Fitness classes at participating Council on Aging sites, and instructor-led group classes including yoga, Pilates, Zumba®, kickboxing, CrossFit®, and indoor cycling/spinning
- Pool-only facility memberships, fitness classes, and aqua therapy at facilities with pools
- Online fitness memberships, subscriptions, programs, or classes that provide cardiovascular and strength training using a digital platform
- Home fitness equipment like stationary bikes, weights, exercise bands, treadmills, and other fitness machines.

#### Not Qualified for Allowance:

- Fees paid for gymnastics, tennis, martial arts schools, instructional dance studios, country clubs or social clubs, and sports teams or leagues
- Personal trainer sessions
- Fitness trackers or items that are considered “recreational” or sports equipment, like kayaks, inline skates, bicycles, ice skates, trampolines, fitness clothing, and sneakers.



## Weight Loss Allowance

**\$150** per year

You can use your Flex Card to spend up to \$150 each calendar year for Weight Loss programs. A qualified weight loss program can be a hospital-based or a non-hospital-based weight loss program. The program must focus on weight loss by modifying eating and physical activity habits and requires that you participate in behavioral/lifestyle counseling with nutritionists, registered dietitians, exercise physiologists or other certified health professionals in multiple sessions throughout enrollment in the program. Program delivery and counseling may be in-person, over the phone, or online. Meal provisions are not covered.

For more information about using this benefit, visit [MAFlexCard.com](https://MAFlexCard.com) or call **1-800-971-6798** (TTY 711).



## Rewards & Incentives

up to **\$60** per year

As our valued member, your health is important to us. You can earn the rewards below while taking care of your health.

Earn up to \$60/year in rewards for these health screenings.

- Annual wellness visit – \$25
- In-Home Health Evaluation – \$25  
To schedule your in-home health evaluation with Signify, call **1-617-580-2500**. *In-Home Health Evaluations are administered by Signify Health, an independent company, on behalf of Blue Cross Blue Shield of Massachusetts. For more information, visit [signifycares.com](https://signifycares.com).*
- Health Risk Assessment (HRA) – \$10  
To complete online, please visit [ahealthyme-medicare.com](https://ahealthyme-medicare.com) or [medicare.bluecrossma.com](https://medicare.bluecrossma.com).
- To find out where you can use your rewards, visit [MAFlexCard.com](https://MAFlexCard.com) or call **1-800-971-6798** (TTY 711).



**QUESTIONS?**

**1-800-971-6798 (TTY: 711)**

**Monday through Friday, 8 a.m. to 8 p.m.**

**[MAFlexCard.com](https://MAFlexCard.com)**

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