



MMHG Smart Consumer Programs

Check out the following programs that may help you save time and money!

Telehealth-

What is Telehealth? Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam. Check out the flyers below for the most common conditions treated including Behavioral Health.

- [BCBSMA Telehealth Flyer](#)
- [HP Telehealth Flyer](#)

SmartShopper Incentive-

(BCBSMA Members only)-Receive a reward for shopping for high quality lower cost services.

- [SmartShopper Incentive Program Information \(BCBSMA non Medicare Members only\)](#)
- [FAQs](#)

CanaRx mail order prescription drug-

This cost saving program is for members taking brand name maintenance medications approved by their doctor. It provides no copays with the convenience of receiving medications in the mail:

Visit www.MMHGGRX.com for up to date information with current BCBS/HP Formulary/Enrollment Form

Learn to Live Program* (all employees/retirees are eligible)

Are you struggling with Stress, Depression, Anxiety, Insomnia or Substance use? Try our new free confidential online program:

You and your family members (age 13 and older) can enroll for free in any of the interactive programs: Social Anxiety, Depression, Insomnia, Substance Use, or Stress, Anxiety & Worry.

- [Learn to Live overview](#)

MMHG Wellness Program (all members are eligible)- we offer many seminars, webinars, cooking demos, smoking cessation, weight loss programs, healthier you initiatives, yoga classes, zumba classes, webinars, and much more!

- [MMHG Wellness Website](#)
- [MMHG Wellness Webinars \(watch anytime\)](#)

Shields Simply Save-

Enjoy no copayment (depending on your plan) when you chose a Shields facility. Shields Health Care Group provides MRI, PET/CT, and Radiation Oncology services to patients at more than 30 locations in New England.

- [Simply Save Program](#)
- Visit www.Shields.com for more information

MMHG Smart Consumer Programs are available to members enrolled in active non-Medicare plans (except where noted)

**Learn to Live program is available for all MMHG member unit employees/retirees and their family members age 13 and older.*