

# 5 EASY STEPS TO RECONNECT WITH YOUR HEALTH

Everyone could use a jump-start. It's why we've created a 5-step checklist using benefits and resources you already have in your plan — to help you feel healthier, balance body and mind, and get support when and where you need it.



## TAKE THE FIRST STEP TODAY



**Get Started  
with MyBlue**



**Schedule  
Your Routine  
Health  
Checkup**



**Check In  
On Your  
Mental Health**



**Get Your  
Vaccines  
and  
Boosters**



**Activate  
Your Body  
and Mind**



## SCAN TO GET STARTED

**OR GO TO [BLUECROSSMA.ORG](https://bluecrossma.org)**

to log into your MyBlue account.

You can learn more about your new virtual care option, how it works, and our virtual care partners, Firefly Health and Carbon Health.