

A HEALTH PLAN THAT KEEPS YOU HEALTHY

We're here for every member. We offer benefits to help you get the most out of your plan and your health. Now, taking charge of your health can be as easy as taking advantage of these benefits.*



UNLOCK THE POWER OF YOUR PLAN

MyBlue is your key to more features and savings, up-to-date status for claims, your deductible, account balances, and more. It's like an instant snapshot of your plan, including:



Coverage & Benefits



Claims & Balances



Find a Doctor & Estimate Costs

Get Started

Sign in at bluecrossma.org,
or download the app.

*To verify that these benefits are offered for your plan, or for more information, sign in to MyBlue at bluecrossma.com/myblue or call the Member Service number on your ID card.

GENDER-INCLUSIVE COVERAGE

We offer extensive coverage, including medically necessary procedures for members whose gender identity differs from assigned sex at birth. When you access these services, your information is always kept confidential. These services may include:

- Gender confirmation surgery
- Mastectomy or breast augmentation
- Hormone therapy
- Mental health support services
- Fertility preservation, when eligible
- Gender-affirming electrolysis or laser hair removal, and hair transplants

GET MORE INFORMATION ABOUT GENDER-INCLUSIVE COVERAGE OR CALL 1-888-243-4420 >

WELLNESS OFFERINGS TO BOOST WELL-BEING

Discover self-care and mind/body benefits and rewards to help you re-center, find calm, and feel less overwhelmed, including:

- **Discounts for Holistic Care**
Save up to 30% on yoga, Pilates, tai chi, and more.
[LEARN MORE >](#)
- **LEARN TO LIVE: Your online mental health tool.**
Access confidential, self-guided programs that support social anxiety, depression, and more.
[LEARN MORE >](#)

GET MORE INFORMATION ABOUT WELLNESS BENEFITS >

GOOD FAMILY PLANNING STARTS WITH HAVING A GOOD PLAN

With so much to consider on your family planning journey, it helps to have someone on your side. From managing fertility to planning your pregnancy, contraception, or prenatal health, we're ready with answers, access, and support.

ASSISTIVE REPRODUCTIVE SERVICES

You're in control of what comes next, and we're here to provide the information and options you need. We offer assistive reproductive services, when deemed medically necessary, to help you or your partner navigate pregnancy in the safest way possible. Infertility treatments for those who are eligible include:

- In vitro fertilization (IVF)
 - Includes reciprocal IVF without first undergoing intrauterine insemination, for same-sex female couples without documented infertility
 - Includes use of cryopreserved eggs or embryos created by either partner for fertility preservation as part of the IVF process
- Intracytoplasmic sperm injection (ICSI) for male factor infertility
- Intrauterine insemination (IUI)
- Donor egg cycles/donor embryo cycles
- Donor sperm for male factor infertility and eligible members without documented infertility

BENEFITS YOU NEVER EXPECTED

New parents can always use a little extra help. We think a lot of help is welcome, too.

- **Reimbursement for Childbirth Classes**
Who says babies don't come with instructions? See if your plan comes pre-loaded with childbirth classes. [LEARN MORE >](#)
- **Savings on Breast Pump**
Shipped right to your door, with ongoing discounts on parts and supplies. [LEARN MORE >](#)
- **Lactation Counseling**
If you're new to breastfeeding, our lactation consultants have the answers you need. [FIND A PROVIDER >](#)
- **Ovia Health Apps**
From conception and pregnancy to ongoing family health™, get support from Ovia Health, an independent company. [LEARN MORE >](#)

[GET MORE INFORMATION ABOUT MATERNITY CARE >](#)



CALL TEAM BLUE

If you have any questions, call the Member Service number on your ID card,
or sign in to your [MyBlue account](#).

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).
ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).