**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](https://www.mmhg.org/benefits/files/bcbsma-telehealth-flyer)
* [HP Telehealth Flyer](https://www.mmhg.org/benefits/files/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](https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/smartshopperqawithproceduresfeb21.pdf)

**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 [https://www.canarx.com/plan/?planid=MMHG](https://www.canarx.com/plan/?planid=MMHG )for up to date information with current BCBS/HP Formulary/Enrollment Form

[**Learn to Live Program**](https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/2021_launch_member_flyer_3_2.pdf)**\* (all employees/retirees are eligible)
Are you struggling with Stress, Depression, Anxiety, Insomnia, Substance use? Try our free confidential online program:***You and your family members (age 13 and older) can enroll for free in any of the interactive programs: RESILIENCE I STRESS, ANXIETY & WORRY I SOCIAL ANXIETY I DEPRESSION I INSOMNIA I SUBSTANCE USE I PANIC.*

* [Learn to Live overview](https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/mmhg_oe_flyer_2023learntolive.pdf)

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

* [MMHG Wellness Website](https://www.mmhg.org/wellness)
* [MMHG Wellness Webinars (watch anytime)](https://www.mmhg.org/wellness/pages/webinar-recordings-view-anytime)
* [Savory Living program-limited free spots still available](https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/final_savory_living_flyer.pdf)