Mass General Brigham Health Plan

Wellness hub for members



Create a healthier, happier you

Building on our suite of digital tools, the wellness hub lets you set personalized health goals, choose activities that match your interests and well-being needs, and join challenges to build healthy habits.

Take the first step

Getting started is simple. You can access the wellness hub through the Member Portal at Member.MGBHP.org. Begin by completing your profile and telling us a little bit about yourself. This helps us get to know you and tailor your experience. From there, you can start building healthier habits, one day at a time. You can also complete your health profile for a personalized report.

Get your personalized report

Your health profile includes questions about your overall well-being. Once completed, you'll receive a personalized report that will connect you to helpful resources and recommended activities.

Additional resources to support your health:

- **Health challenges**: Commit to a health challenge to help you get your steps in, improve your sleep, eat healthy, and more.
- **Streaming content**: Check out engaging video lessons to help you eat better, move more, manage conditions, and feel your best.
- **Health library**: Get easy-to-understand explanations of medical conditions, symptoms, tests, and treatments.
- **Quick links**: You'll find links to helpful Health Plan resources, including our behavioral health support, fitness and weight loss benefits, and health coaching programs.

Access the wellness hub through your Member Portal at Member.MGBHP.org

Have questions?
Our Customer Service team is here to support you. You can reach them by calling **866-414-5533** (TTY: 711) or the number on the back of your member ID card, Monday through Friday from 8 a.m. to 6 p.m. ET, and Thursdays from 8 a.m. to 8 p.m. ET. If you prefer email, you can reach them at **MGBHPCS@mgb.org**.

Mass General Brigham Health Plan includes Mass General Brigham Health Plan, Inc. and Mass General Brigham Health Insurance Company

15661-0326-00