

Benefits available on your smartphone

Learn how to access your benefits from your smartphone.

Aunt Bertha

Search for free or reduced-cost services like medical care, food, job training and more.

On your mobile device:

- Download the Aunt Bertha app from the App Store or Google Play.
- Type your zip code into the **Zip** field and click **Search**.
- From there you can click on the category list for the specific service you are looking for.

Clickotine®

Clickotine is a smoking cessation app designed and developed by doctors and scientists. It learns from your behavior and helps you create and stick to quit plan and overcome nicotine cravings.

On your mobile device:

- Download the Clickotine app from the App Store or Google Play.
- In the app, click on **Sign Up** to create your account.
- Enter your Client ID code: @@Access_Code@@, agree to the terms of use and click **Next**.
- Answer the remaining questions and complete the assessment. That's all there is to it! Now you're on your way to quitting smoking!

On To Better Health

Access self-help tools and resources proven to help people get better and feel better.

On your computer or mobile device:

- Commonwealth Coordinated Care Plus members visit <https://mccva.ontobetterhealth.com/>.
Medallion 4.0 members visit <https://mccvamedallion.ontobetterhealth.com/>.
- Click **Sign Up** and enter your personal information.
- View your list of recommended programs.
- Click the **Launch Program** button to start a module.
- Browse through thousands of library articles, resources, and self-assessments.

care4life

Members with diabetes get text messages based on diabetes type, experience with self-management, insulin/medication and personal goals.

- Call MCC of VA Member Services from 8 a.m. to 8 p.m. local time. Tell them you want to sign up for care4life.
 - CCC Plus: 1-800-424-4524 (TTY 711)
 - Medallion 4.0: 1-800-424-4518 (TTY 711)

text4baby

Pregnant women and new moms get text messages based on due date or baby's date of birth. Learn about prenatal care, car seat safety, breastfeeding, safe sleep tips and more.

- Call MCC of VA Member Services from 8 a.m. to 8 p.m. local time. Tell them you want to sign up for text4baby.
 - CCC Plus: 1-800-424-4524 (TTY 711)
 - Medallion 4.0: 1-800-424-4518 (TTY 711)

text4kids

Get text message reminders about well-child visits and what to expect with your child's development for their age.

- Call MCC of VA Member Services from 8 a.m. to 8 p.m. local time. Tell them you want to sign up for text4kids.
 - CCC Plus: 1-800-424-4524 (TTY 711)
 - Medallion 4.0: 1-800-424-4518 (TTY 711)

txt4health

Get text messages with personalized tips and reminders to help you stay healthy and know when to see your doctor.

- Call MCC of VA Member Services from 8 a.m. to 8 p.m. local time. Tell them you want to sign up for txt4health.
 - CCC Plus: 1-800-424-4524 (TTY 711)
 - Medallion 4.0: 1-800-424-4518 (TTY 711)