



Harvard Pilgrim
Health Care

LIVING WELL PROGRAM

Earn Points Toward
Monthly Drawings

Here's How it Works¹

Sign up for Harvard Pilgrim's Living WellSM program and start earning rewards for participating in a variety of informative, fun and interactive activities including:

- Stress management
- Healthy eating
- Financial literacy
- Environmental wellness
- Self-care
- Volunteerism
- Physical activity
- Health plan literacy



Achieving a level earns entries toward monthly drawings for gift cards. There are 4 drawings for each level, each month.

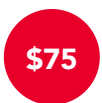
Participant Rewards Drawings

Level 1



Gift card

Level 2



Gift card

Level 3



Gift card

Wellbeing as You Define it.

A Community, at Your Fingertips.

Our program is packed with tools that let you define your own vision of wellbeing. Here are some of the features:



Customize to suit your goals



Sync to your wearable device



Connect with others for tips and advice



Connect with a personal health coach

Our digital engagement platform is easily accessible from most devices so you can stay on top of your goals wherever you are.

Get Started Today and Enjoy the Rewards of Feeling Your Best.

Visit harvardpilgrim.org/livingwelleveryday

¹Rewards may not be available for eligible participants of other Living Well programs. Rewards may be taxable, please consult with your tax adviser.