



Harvard Pilgrim  
Health Care

# LIVING WELL PROGRAM

Earn Points Toward  
Monthly Drawings



## Here's How it Works<sup>1</sup>

Sign up for Harvard Pilgrim's Living Well<sup>SM</sup> program and start earning rewards for participating in a variety of informative, fun and interactive activities including:

- Stress management
- Environmental wellness
- Volunteerism
- Healthy eating
- Self-care
- Physical activity
- Financial literacy
- 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](https://harvardpilgrim.org/livingwelleveryday)

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