



Harvard Pilgrim  
Health Care

a Point32Health company



# Living Well Program

## Earn points toward monthly drawings

### How it works:<sup>1</sup>

Enroll in the Living Well<sup>SM</sup> program and earn rewards for participating in a variety of informative, fun and interactive activities including:

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

### Participant rewards drawings

Achieving a level earns entries toward monthly drawings for gift cards, worth up to \$75.

### Well-being as you define it. A community, at your fingertips.

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



Customize to suit your goals



Sync to your wearable device



Connect with others for tips and advice

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 at [harvardpilgrim.org/livingwellportal](https://harvardpilgrim.org/livingwellportal)

<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.