



LIVING WELL PROGRAM

Earn up to \$120 in Rewards

Here's How it Works¹

Enroll in Harvard Pilgrim's Living WellSM 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

How Rewarding is it?

 Earn up to \$120 in gift cards.

You'll earn rewards incrementally, so the longer you participate in the program, the more rewards you earn. Reach all three levels to earn a total of \$120 in gift cards.

Subscriber Rewards

Level 1

 Gift card

Level 2

 Gift card

Level 3

 Gift card

Covered dependents or employees who are not Harvard Pilgrim members can participate in a separate program where they can earn points towards monthly gift card drawings.

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 are available for fully-insured commercial accounts rated as large group, with 51-999 eligible employees. Rewards may be taxable, please consult with your tax adviser.