











Participate in Healthy You Today!

Harvard Pilgrim Health Care and Brandeis University are pleased to offer the Healthy You program to support your wellbeing! Starting May 1st, your Healthy You program will launch on the new WebMD ONE platform. Earn points for participating in a variety of fun and interactive activities using the digital engagement platform in 2024. Join a nutrition or movement challenge, learn about mindfulness, start a new healthy habit and more!

Join today and enjoy a variety of exciting features including:

-  Personalized user experience
-  Digital coaching tool
-  Themed monthly activities
-  Improved mobile app
-  Community social feed
-  Articles, recipes, videos, podcasts
-  Well-being assessment
-  And more

How rewarding is it?

By participating in activities and earning points you will be entered into quarterly drawings for one \$50 gift card¹. Everyone who earns points, whether enrolled in the University's medical plan or not, will be entered into the drawings. At the end of the year, we will draw one winner of a \$100 gift card¹ from all program participants.

May-June	July-Sept	Oct-Dec	Year End
Drawing for a \$50 gift card ¹	Drawing for a \$50 gift card ¹	Drawing for a \$50 gift card ¹	Drawing for a \$100 gift card ¹

¹Rewards may be taxable, please consult with your tax adviser.

To get started:

1. Go to harvardpilgrim.org/livingwellportal

Are you a Harvard Pilgrim member through Brandeis University?

YES: Select **Harvard Pilgrim member login**. If not, select **Create Member Account**.

NO: Select **Guest login**. If you have accessed the Healthy You portal with a guest account in the past, enter your existing guest username and password. If not, **create your Guest Account** using the program code **TBrandeis**. It may take up to 24 hours for your account to be activated.

2. Once you log in to your Harvard Pilgrim online account, complete the one-time welcome page.
3. On July 1, log in using your member or guest credentials, and explore all the great features of your new program, including well-being activities, your rewards, how to download the app and sync a device.

Participate in Healthy You on The Go!

The benefits of the Harvard Pilgrim Living Well program are easily accessed through WebMD's Wellness At Your Side app.

To get started:



Download WebMD's Wellness At Your Side app in the Google Play Store or App Store



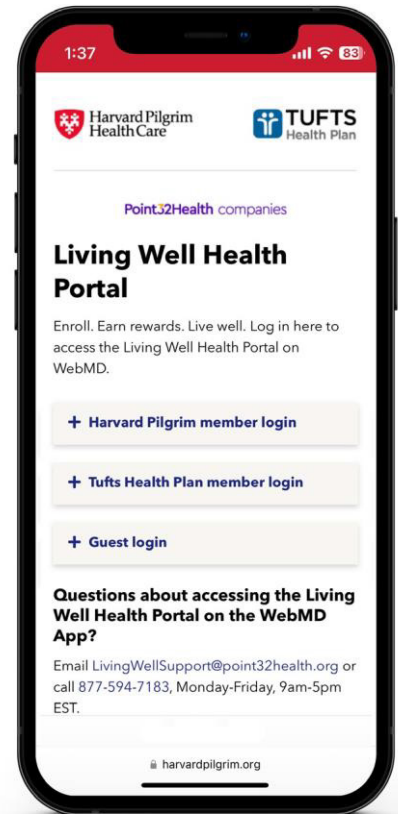
Open WebMD's Wellness At Your Side app and enter the mobile program code (all lowercase): **lwportal**



Log in using your Harvard Pilgrim online member or guest account*

As part of their security standard, WebMD requires you to re-authenticate your account regularly, so you may want to keep your login credentials handy.

* If you do not have a Harvard Pilgrim online member or guest account, go to harvardpilgrim.org/livingwellportal to create one. If you are a guest, it may take up to 24 hours for your new guest account to be activated.



Need assistance?

Email LivingWellSupport@Point32Health.org or call **877-594-7183**, Monday-Friday, 9am-5pm EST.