

BILH Living Well

You're busy giving to others. Are you taking time to give to yourself?

The BILH Living Well program provides you with the resources and motivation you need to get and stay healthy. It's available at **no cost to BILH employees and their spouses**, and you don't need to be enrolled in a BILH medical plan to participate. Focus on a healthier mind and body at your own pace:

- Inner strength and resilience
- Physical activity
- Healthy eating

Rewards for staying well

Earn points by completing healthy activities, challenges, and webinars through your online Wellness Account. Once you've reached at least 1,500 points, you'll start earning rewards.¹

Level 1: Novice

(1,500 points)



Level 2: Expert

(4,000 points)



Level 3: Champion

(6,500 points)



Plus, you can be entered into rewards drawings throughout the year!

Choose from dozens of gift card options

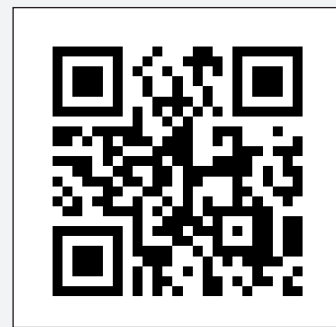
How to get started

Go to harvardpilgrim.org/bilhlivingwell, your year-round wellness hub, to:

- Get more details about the program
- Log in to your Wellness Account or set one up
- Learn how to download WebMD's Wellness At Your Side app to access your Wellness Account from your smartphone

Not enrolled in a BILH medical plan?

Use program code **C00561** when signing up.



Questions?

Email LivingWellSupport@point32health.org

or call **877-594-7183** Monday – Friday, 9 a.m. – 5 p.m.²

See next page for additional resources >

¹ Rewards for participating in a wellness program are available to all Beth Israel Lahey Health employees and their spouses, regardless of whether you are enrolled in one of our employer-sponsored medical plans. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Rewards may be considered taxable income, so please consult your tax advisor. Contact Harvard Pilgrim Wellness Services at (877) 594-7183 for more information.

² Please be aware that communications sent using unencrypted email are not secure. Harvard Pilgrim cannot guarantee the confidentiality or security of any information you send to us over the internet when using email. Point32Health is the parent company of Harvard Pilgrim.

Additional year-round resources

Rewards are nice, but it's ultimately about being healthy. That's why BILH Living Well includes even more resources **at no cost:**

- **Meet the Moment: A Complete Mindfulness Curriculum**

Pre-recorded instructional videos, produced exclusively for BILH to address the particular needs and concerns of health care workers. Conveniently separated into different playlists, this library of digital content tackles topics including the foundations of mindfulness practice; how to interact more effectively with patients; and how to strengthen the bonds of both personal and professional relationships.

- **Family-centered resources:** Support from Ovia Health for reproductive health, family planning, having a healthy pregnancy, the parenting journey for LGBTQ+ members, managing post-partum depression, balancing life as a working parent and managing menopause.

- **Virtual yoga and wellness classes:** Annual subscription to Ompractice and access to Harvard Pilgrim's Living Well at Home program

- **Eat to reduce inflammation:** Savory Living's 12-session healthy eating cooking lifestyle program

- **Perks through your BILH medical plan:** Up to \$150 in wellness reimbursement, discounts and savings, and more

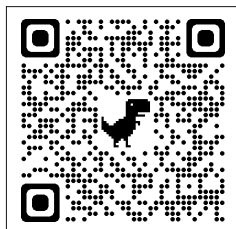
- **Comprehensive behavioral health support:**

- **Enhanced Resources Through Harvard Pilgrim**

In addition to coverage under your BILH medical plan, you have access to self-service tools, virtual therapy, and support from treatments for conditions like depression, anxiety, autism and substance use. For more complex concerns, Harvard Pilgrim's trained Behavioral Health Service Navigators can help find the right care for you and your family and assist with getting timely appointments.

- **KGA Employee Assistance Program**

All BILH employees and their adult family members can access KGA for confidential consultations, counseling and referrals at no cost. Call **855-760-2454** or visit them online — use company code: **BILH**.



> Learn more at [harvardpilgrim.org/bilhlivingwell](https://www.harvardpilgrim.org/bilhlivingwell)