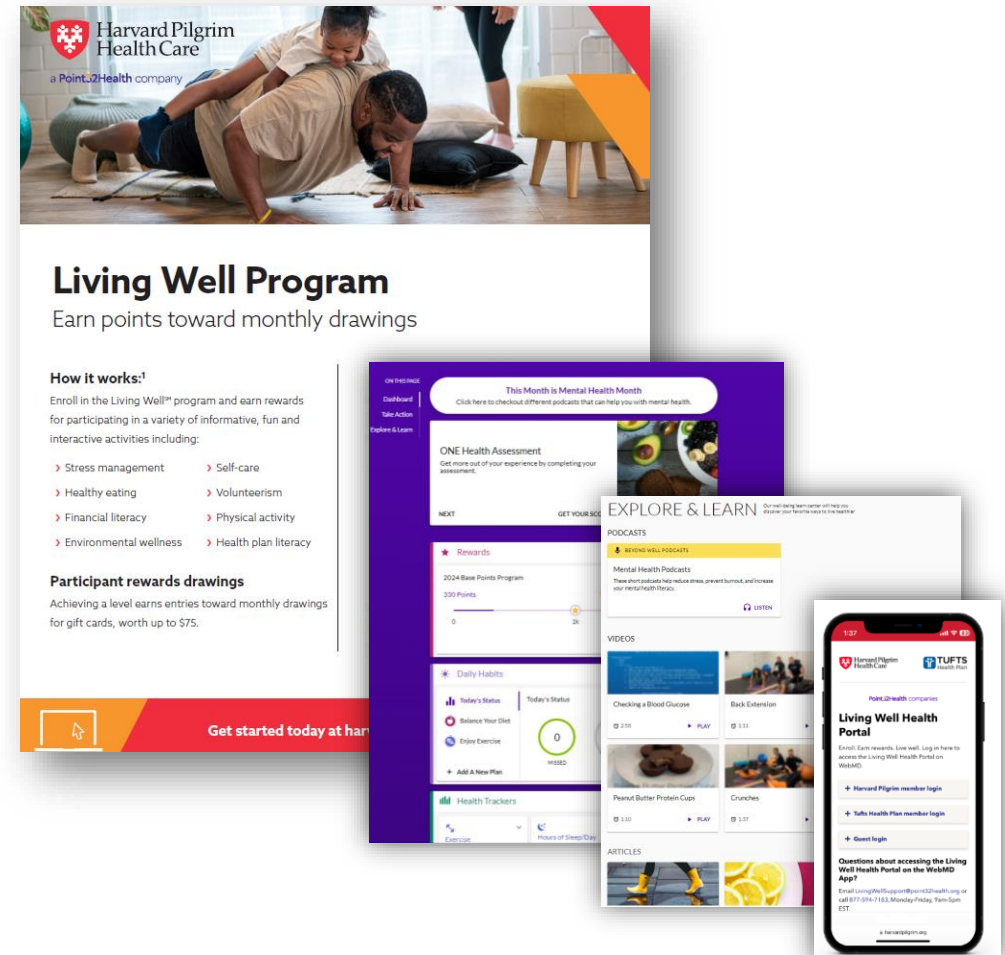


# Living Well<sup>SM</sup> Health Portal

- ✓ Turnkey and seamless solution powered by **WebMD ONE**
- ✓ Available to everyone – including spouses and dependents
- ✓ A holistic program
  - ✓ Well-being assessment
  - ✓ Tools for self-paced learning, monitoring and exploration
  - ✓ Highlights different well-being topics monthly
- ✓ Personalized user experience
- ✓ Includes rewards and incentives
- ✓ App access and syncs with wearables
- ✓ Dedicated in-house user support

Visit [Living Well Health Portal](#)



The image displays the Living Well Program interface, which is a digital health portal. At the top, it features the Harvard Pilgrim Health Care logo and a photograph of a person receiving a massage. Below this, the title "Living Well Program" is prominently displayed, followed by the subtitle "Earn points toward monthly drawings".

The main content area is divided into several sections:

- How it works:** A brief explanation of the program and a list of activities that earn points, such as stress management, healthy eating, financial literacy, environmental wellness, self-care, volunteerism, physical activity, and health plan literacy.
- Participant rewards drawings:** Information about the 2024 Base Points Program, which offers 350 points and monthly drawings for gift cards worth up to \$75.
- Dashboard:** A central area with various widgets, including a "Daily Habits" section with "Today's Status" and "Today's Score", "Health Trackers" for exercise and sleep, and a "REWARDS" section showing progress towards 350 points.
- EXPLORE & LEARN:** A section for educational content, including podcasts (e.g., "Mental Health Podcasts") and videos (e.g., "Checking a Blood Glucose", "Back Extension", "Peanut Butter Protein Cups", "Crunches").
- ARTICLES:** A section for written health tips, such as "Questions about accessing the Living Well Health Portal on the WebMD App?".

At the bottom of the interface, there is a red button that says "Get started today at harvardpilgrim.org".

# Living Well<sup>SM</sup> at Home

Available at no cost to everyone at [harvardpilgrim.org/livingwellathome](https://harvardpilgrim.org/livingwellathome)

- **Live webinars:** healthy eating, mindfulness, fitness and more
- **Live home fitness classes** including Zumba, yoga and strength training
- **Private Facebook group** brings community together
- **Some content available** via YouTube - <https://www.youtube.com/livingwellpoint32health>



## Yoga

M & W

5:15 p.m. ET



## Guided Mindfulness

T, W, Th

8:30 - 9 a.m. ET



## Zumba

T & Th

5:15 p.m. ET



## Health & Wellness Webinars

W & Th

1 - 1:30 p.m. ET




# Mindfulness Resources

**Our innovative mindfulness program, Mind the Moment, offers programming designed for everyone to use.**

- Virtual, interactive mindfulness sessions with short bursts of instruction, followed by mini meditations, all featuring our team of instructors
- Hundreds of hours of videos produced by our experts
- Playlists of guided meditations
- Resources for mindfully managing pain – in English and Spanish, available at [mindful.org/pain](https://mindful.org/pain).

Visit [harvardpilgrim.org/mindfulness](https://harvardpilgrim.org/mindfulness)



### Guided Mindfulness Sessions

Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by our team of expert instructors.

Tuesdays from 8:30 to 9:00 a.m. ET

[JOIN THIS SESSION](#)

Thursdays from 8:30 to 9:00 a.m. ET

[JOIN THIS SESSION](#)

CIENCIA DE LA ATENCIÓN PLENA HISTORIAS DE SANACIÓN PRÁCTICAS PARA EL DOLOR MINDFUL.ORG ENGLISH

## Prácticas para el dolor



PRÁCTICAS PARA EL DOLOR

Atención plena para la práctica del dolor: pidiendo y recibiendo ayuda



PRÁCTICAS PARA EL DOLOR

Atención plena para la práctica del dolor: Grupo de apoyo interno

CHRISTIANE WOLF



# Good Measures Healthy Weight Program

*Using food as medicine to improve member health*

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A **virtual** program to help members improve their health through food

- Delivers *personalized*, **one-on-one coaching** with a registered dietitian
- Provides access to a **digital app** for additional support
- Offers bi-lingual support and education
- Aims to improve equity in care
- No member cost share



Manage **weight**  
in a nutrition-  
focused,  
healthy way



Fit **healthy eating** into  
their schedule  
and budget



Prevent or better  
manage **nutrition sensitive conditions**



Optimize  
nutrition for  
**healthy pregnancy**



Find easy  
ways to get  
**more active**



Manage side  
**effects of weight loss medication**

Visit [Good Measures](#)

# Family Health and Wellness

## Three mobile apps: Ovia, Ovia Pregnancy, Ovia Parenting

- Daily personalized articles and tips to help achieve goals
- Unlimited in-app messaging from Ovia Health's team of experts (registered nurses, nurse practitioners, social workers, mental health counselors, nurse midwives, lactation consultants, and infant and child sleep consultants)
- Feedback on health data
- Information about fertility/family planning, maternity, parenting for children and adolescence and menopause

Visit [Ovia](#)



Support for reproductive health, fertility and menopause



Ongoing support for your healthiest, happiest pregnancy



Go to resource for family & working parents

