



Harvard Pilgrim  
Health Care



# Living Well Program

Earn up to \$120 in rewards

## 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 topics such as:

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

## Subscriber rewards — Earn up to \$120 in gift cards.

You'll earn rewards incrementally, so the more you participate in the program, the more rewards you earn. Subscribers can achieve up to eight levels, at \$15 each, for a total of \$120 in gift cards each year.

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.

## 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

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

<sup>1</sup> Rewards 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.