



Getting Started With Your Wellness Program

1 Go to harvardpilgrim.org/livingwellportal.
Are you a Harvard Pilgrim member through this employer group?

YES Select **Harvard Pilgrim member login**.
If you already have a Harvard Pilgrim online account, enter your username and password and **Log in**. If not **Create Member Account**.

NO If you are not a Harvard Pilgrim member through this employer, select **Guest login** and log in using your existing Guest credentials, or **Create Guest Account** using the program code listed here. It may take up to 24 hours for your guest account to be activated.

2 Next, complete the one-time welcome page and personalize your program by answering a few questions.

3 Explore all the great features of your new program, including well-being activities, your rewards, how to download the app and sync a device.

Need assistance?

Email LivingWellSupport@point32health.org
or call **(877) 594-7183**, Monday-Friday,
9:00 am-5:00pm EST



Harvard Pilgrim
Health Care

a Point32Health company



Living Well 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



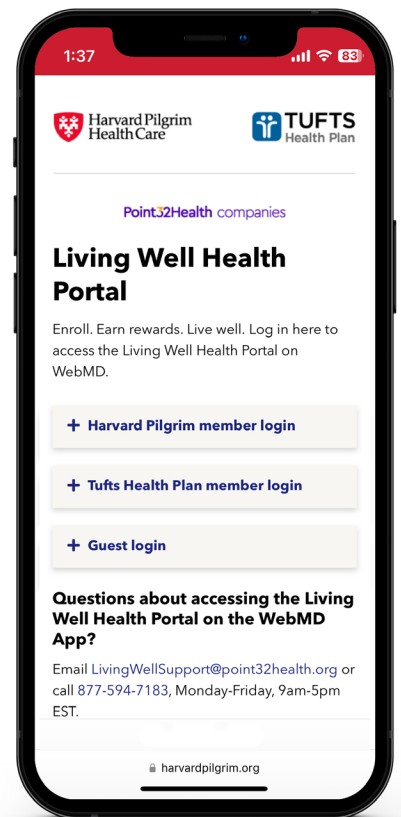
Open WebMD's Wellness At Your Side app and enter the mobile program code (all lowercase): **lwportal**



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.



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