



Harvard Pilgrim  
Health Care

a Point32Health company



# Getting Started With Your Wellness Program

**1** Go to [harvardpilgrim.org/livingwellportal](https://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](mailto: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



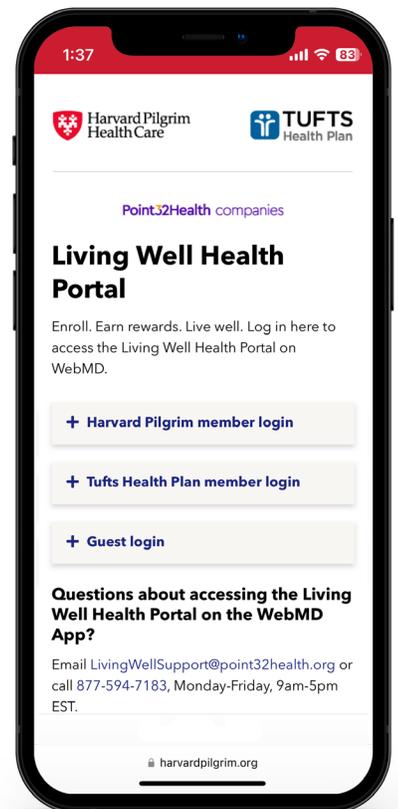
Open WebMD's Wellness At Your Side app and enter the mobile program code (all lowercase): **lwportal**



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](https://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](mailto:LivingWellSupport@Point32Health.org) or call **877-594-7183**, Monday-Friday, 9am-5pm EST