

"My go-to place for living well everyday."

**Living well as you define it.
A community, at your fingertips.**

At Harvard Pilgrim, we're your guide to living well, whether that means nutrition, fitness, finances or stress management. Our Living WellSM program is packed with tools that let you define your own vision of well-being.

With an online account, you join a community of people with common interests. You can share your questions, celebrate milestones and connect with a lifestyle management coach. You tap the power of shared purpose. Here are some of the features:



Customize to
suit your goals



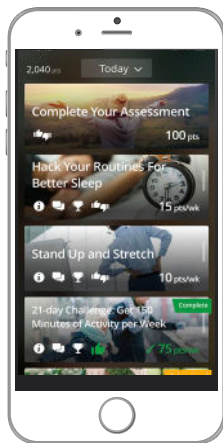
Sync to your
wearable device



Chat with others
for tips and advice



Connect with a
personal health
coach



The individual shown is representative only. The comment is a composite of sentiments often expressed by our customers.

Personalized. Connected. Holistic.
harvardpilgrim.org/livingwelleveryday

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care,
Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

