



# “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 Well<sup>SM</sup> program is packed with tools that let you define your own vision of well-being.

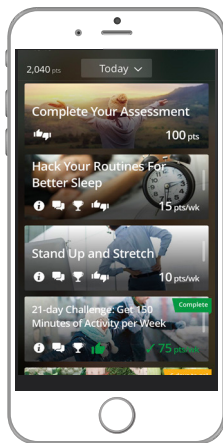
With an online account, you join a community of people with common interests. You can share your questions, celebrate milestones and connect with a lifestyle management coach. You tap the power of shared purpose. Here are some of the features:

 **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](http://harvardpilgrim.org/livingwelleveryday)

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