



Get rewards and feel your best with our Well-being Rewards program!

Earn up to **\$225** in gift cards annually.

Here's how it works¹

The program is a fun and easy way to participate in a variety of activities that support your entire well-being at home and at work.

Harvard Pilgrim has partnered with Limeade, a company that specializes in improving well-being, to administer our Well-being Rewards program.

How rewarding is it?

There are three reward levels, so the more activities you participate in, the more rewards you earn. You'll receive an Amazon gift card for each reward level you complete, up to a **total of \$225 annually**. Of course, the best reward is knowing that your participation in the program can lead to a happier and healthier you!



¹ Well-being Rewards is available to you if you're an employee enrolled under a group contract with coverage in a qualifying Harvard Pilgrim plan and your employer currently offers this program.

How long does it take to earn rewards?

It's up to you!

The more activities you complete, the more reward points you earn. You decide the frequency in which to participate. For example, you can earn your first 1000 points by completing activities like the ones listed below.² These are just a few of the many activities from which to choose:

- Complete your well-being assessment – **100 points**
- Complete your "Getting Started" activities (learn how the program works, download the app, sync your device, etc.) – **130 points**
- Get your annual physical and dental exams – **60 points**
- Learn about health coaching – **30 points**
- Get your flu shot – **50 points**
- Physical activity: Track 150 minutes of activity per week, for three weeks – **225 points**
- Healthy eating: Start your meal with a salad 2 days per week, for three weeks – **225 points**
- Habit builder: Avoid added sugars on 8 separate days – **50 points**
- Habit builder: Track your energy levels on 8 separate days – **50 points**
- Post something on the community feed weekly for 4 weeks – **80 points**

Read on for more.


² The activities listed are examples only. Actual program activities may vary.


There's something for everyone!


You can track your activities from most devices using our well-being website or the Limeade app, so you can stay on top of your goals wherever you are.

Program activities range from:

 Improving sleep

 Drinking more water

 Tracking your fitness activity

 Connecting with a friend

Visit harvardpilgrim.org/wellbeingrewards to get started, and enjoy the rewards of feeling your best.

