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**How to connect an app or device to your Harvard Pilgrim Living Well account**

1. LOG IN to your wellness account at [www.harvardpilgrim.org/livingwelleveryday](http://www.harvardpilgrim.org/livingwelleveryday)
2. NAVIGATE to Settings -> Apps & Devices from your program’s home page.
   1. To navigate to your own Settings page, click the drop-down arrow next to your profile photo and click Settings
   2. Click Apps & Devices
3. SELECT “connect” to connect your app or device of choice.\* To connect, you must log in to the account linked to the app or device. (If you need to download an app or device, click Get It).

\*It is recommended that you connect one app or device to avoid duplicating your tracked activities.

1. CONNECT your device to your smart phone using the Limeade app.
2. JOIN an activity or challenge to start syncing your device or app. Your device will automatically track activity when applicable.

**Need assistance?**

Email [HPWellness@harvardpilgrim.org](mailto:HPWellness@harvardpilgrim.org) or call (877) 594-7183, Monday – Friday 9am – 5pm EST