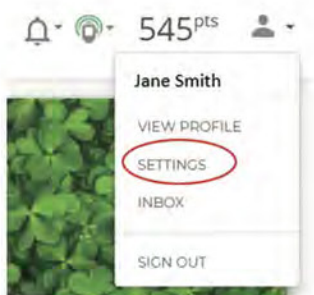



harvardpilgrim.org/livingwelleveryday

## 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



- a. To navigate to your *Settings* page, click on the drop down arrow next to your profile photo and click *Settings*
- b. Click *Apps & Devices*

3. **SELECT**  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.

4. **CONNECT** your device on your smart phone using the Limeade app.
5. **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