



# Getting Started with your Living Well Program

## 1 Go to [www.harvardpilgrim.org/livingwelleveryday](http://www.harvardpilgrim.org/livingwelleveryday)

Are you a Harvard Pilgrim member through this employer group?

**YES** If you already have a Harvard Pilgrim online account, enter your username and password and [Log In](#).  
If not, [Create Member Account](#).

**NO** If you are not a Harvard Pilgrim member through this employer, [Create Guest Account](#) using the program code listed here.  
It may take up to 24 hours for your guest account to be activated.

## 2 Once you log in to your Harvard Pilgrim online account, complete the welcome page with the following information:

- a. Language preference
- b. Sign-in name
- c. Email address

## 3 For information about your Living Well program, click on [Learn More](#).

## 4 Get started by completing your Wellness Assessment!

### Need assistance?

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