



## Important Fall and Winter Vaccine Information

Fall and winter virus season is upon us, and like last year, vaccines are available for three major respiratory diseases: COVID-19, Respiratory Syncytial Virus (RSV) and Influenza, or flu. According to the Centers for Disease Control and Prevention (CDC), immunizations are a key prevention strategy for lowering your risk of illness. We recommend following the [CDC's guidelines](#) for information on vaccines, treatments and tips to stay healthy.

### Get Your Flu Shot Today

Doctors recommend everyone age 6 months and older get a **flu shot** every year. As a reminder, all members are covered in full for the flu and COVID-19 vaccines.\* We encourage you to talk to your health care provider about which vaccines are right for you.

\*Check your specific health plan details for RSV vaccine coverage.

## Your Health



## Good Measures Healthy Weight Program

As a reminder, eligible Harvard Pilgrim members have access to the Good Measures Healthy Weight program. Good Measures offers individualized support to help you reach your nutrition-related goals such as losing weight, preventing or managing a health condition, or making better food choices.\*

### What's included:

- Individualized coaching by a registered dietitian — check in by phone or app messaging
- Access to the Good Measures app with personalized food recommendations, online classes, articles and tips, goal and food tracking
- Fun challenges with prizes

[Learn More and Sign Up](#)

\*The Good Measures Healthy Weight program is available to Harvard Pilgrim Health Care fully insured commercial members. For self-insured accounts, program eligibility and benefits may vary by employer, plan and state. An annual preventive service medical claim for nutritional counseling services is submitted by Good Measures once per engaged member. Check with your employer to confirm eligibility.



## Personalized Diabetes Support

Need help managing your blood sugar or A1C levels? Managing your blood sugar within a healthy range throughout the day can help prevent diabetes-related health conditions. Be sure to schedule your annual checkup with your primary care provider (PCP) to discuss any concerns you may have.

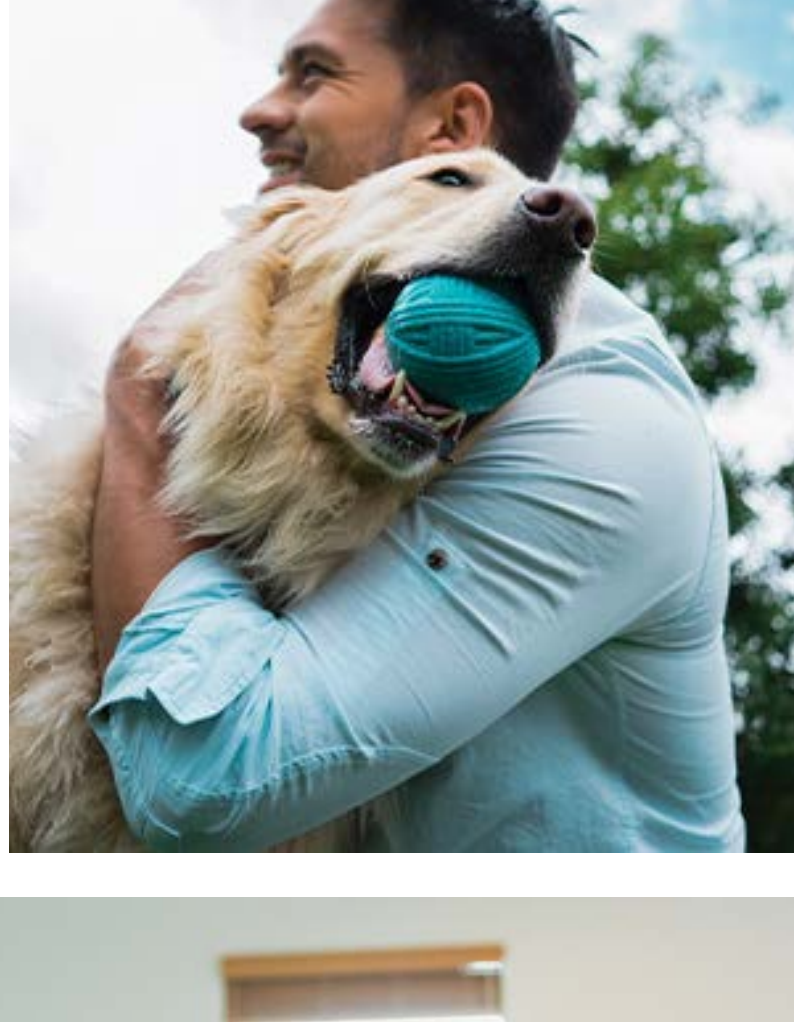
Harvard Pilgrim's care management team can help you develop a care plan that includes healthy diet and exercise tips, personalized support and more.

[Learn More >](#)

## Accessing Mental Health Resources

Mental health and substance use conditions can impact anyone, but seeking care can sometimes be challenging. Harvard Pilgrim offers behavioral health benefits and resources to make care more accessible. With our personalized Behavioral Health Service Navigation team and trusted providers like Grow Therapy (a nationwide virtual therapy provider) and Autism Care Partners, you have access to quality care when you need it.

[Learn More >](#)



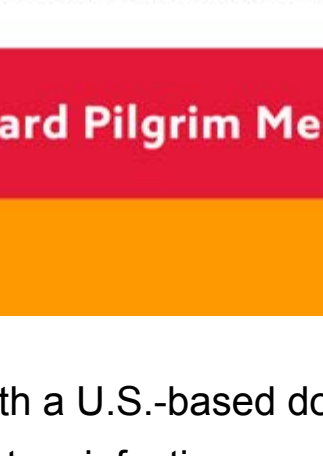
## Get Support After a Hospital Stay

If you've recently come home from the hospital after a procedure or surgery and have questions about your aftercare plan, Harvard Pilgrim's care managers can help. The first few days at home are the most important to stay healthy and avoid going back to the hospital. A care manager can help make sure you have what you need to recover and feel better. You can contact them for questions about:

- Your discharge paperwork
- Setting up any follow-up appointments with your primary care provider (PCP) or specialist
- **How to find a PCP** if you don't have one
- When and how to take your medications
- What to do and who to call if you have questions or concerns

Care managers are available at no cost to eligible members and included with your Harvard Pilgrim benefits. Call 866-750-2068 Monday - Friday, from 8:30 a.m. - 5 p.m. or visit our [website](#) to get started.

**DOCTOR ON DEMAND**



"Doctor on Demand is amazing! They are so convenient for basically anything you would go to a walk in for... and they send your prescription immediately. You can see a doctor from your own home without having to sit in a waiting room. I recommend them to everyone."

**Harvard Pilgrim Member**

You can request a virtual visit with a U.S.-based doctor 24/7 for non-emergency conditions such as upper respiratory infection, upset stomach or skin rash, using live video or voice call via a smartphone, tablet or computer. You can also access confidential therapy and build an ongoing relationship with these doctors. Appointments are confirmed in less than 72 hours. Set up a Doctor On Demand account with your Member ID Card today.

[Learn More](#)



## Get Costs Before You Receive Care

If you have Harvard Pilgrim medical coverage through your employer, you can use the Estimate My Cost online tool to estimate health care costs before you receive services. This tool can help you better understand how your plan works so you can make informed decisions, especially if you're enrolled in a deductible plan.

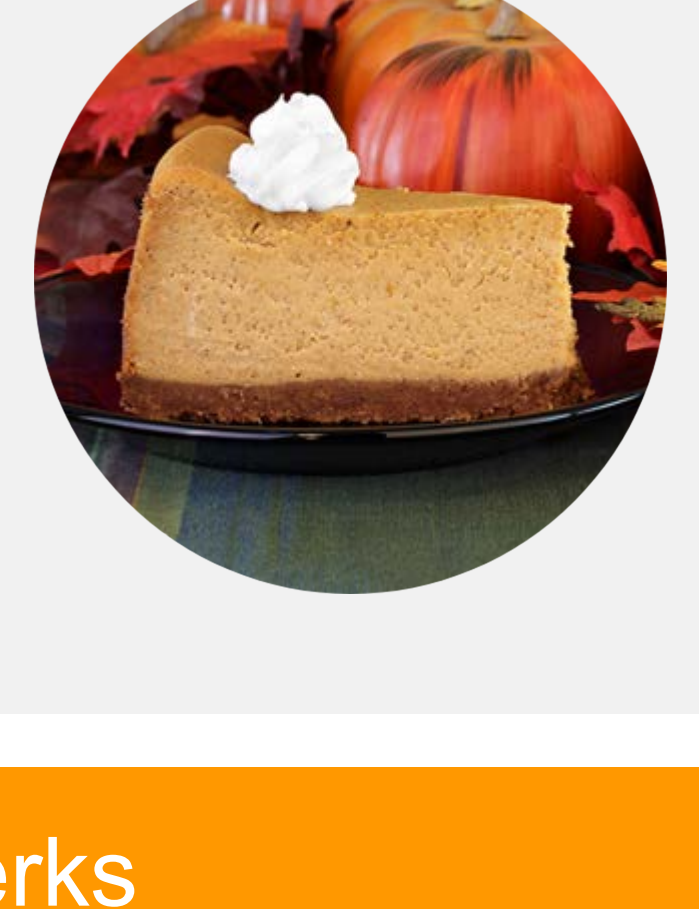
[Learn More >](#)

## Featured Recipe

### Pumpkin Spice No Bake Cheesecake

If you love pumpkin flavor, then this recipe is the perfect fall dessert for you. Make it in just 15 minutes with low-fat ingredients and choice of ready-made or gluten-free crust!

[Get Cookin'](#)



## Your Perks



## Open Enrollment Made Easy

Ready to get started with your new Harvard Pilgrim health plan? Our SmartStart team is available to guide you through enrollment even before your new plan activates. They can answer any questions about your plan benefits, programs and services, as well as provide clinical transition support.

[Learn More](#)



## Stay Informed With MyWire

MyWire is Harvard Pilgrim's HIPAA-compliant and secure text messaging channel. It's a great way to access your plan while on the go and stay up to date on exclusive member discounts, perks and more. Members with a phone number on file are automatically enrolled to receive text messages.

[Learn More >](#)



## Fall Wellness Programs and Discounts

Ready to reach your wellness goals? Whether it's fitness, nutrition advice or stress management, Harvard Pilgrim offers many discounted programs that can help you live a healthier lifestyle and save money along the way.

[Learn More >](#)



## Tinyhood Virtual Childbirth Classes

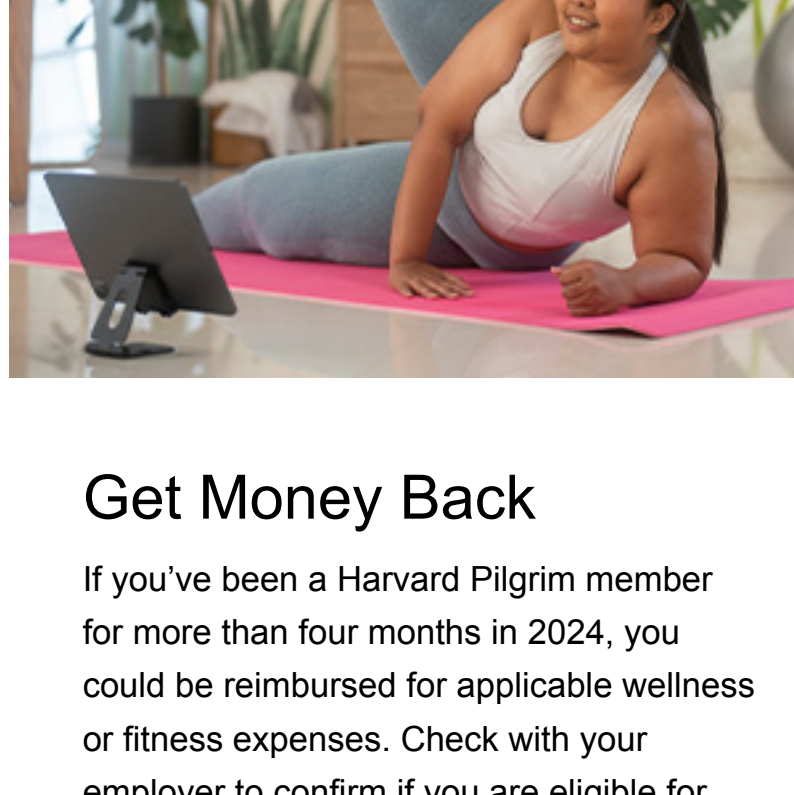
All Harvard Pilgrim members can participate in the discount program for **Tinyhood online parenting classes**. You get one month of online parenting classes for free, followed by 25% off an annual membership. Tinyhood's online parenting lessons cover topics including childbirth, baby care, infant and child CPR, sleep, potty training, toddler behavior and much more.

\*The Tinyhood discount program began on July 1, 2024, and is part of Harvard Pilgrim's discounts and savings offerings.

## Earn Rewards With Living Well

Sign up for the **Living WellSM program** and earn rewards for participating in a variety of informative, fun and interactive activities including topics such as stress management, healthy eating, financial literacy and self-care.


Plus, check out the **Living Well at Home** virtual wellness classes and webinars — available at **no cost** via Zoom.



## Get Money Back

If you've been a Harvard Pilgrim member for more than four months in 2024, you could be reimbursed for applicable wellness or fitness expenses. Check with your employer to confirm if you are eligible for our reimbursement programs. If you qualify, **log in** to your secure member account and submit for reimbursement today!

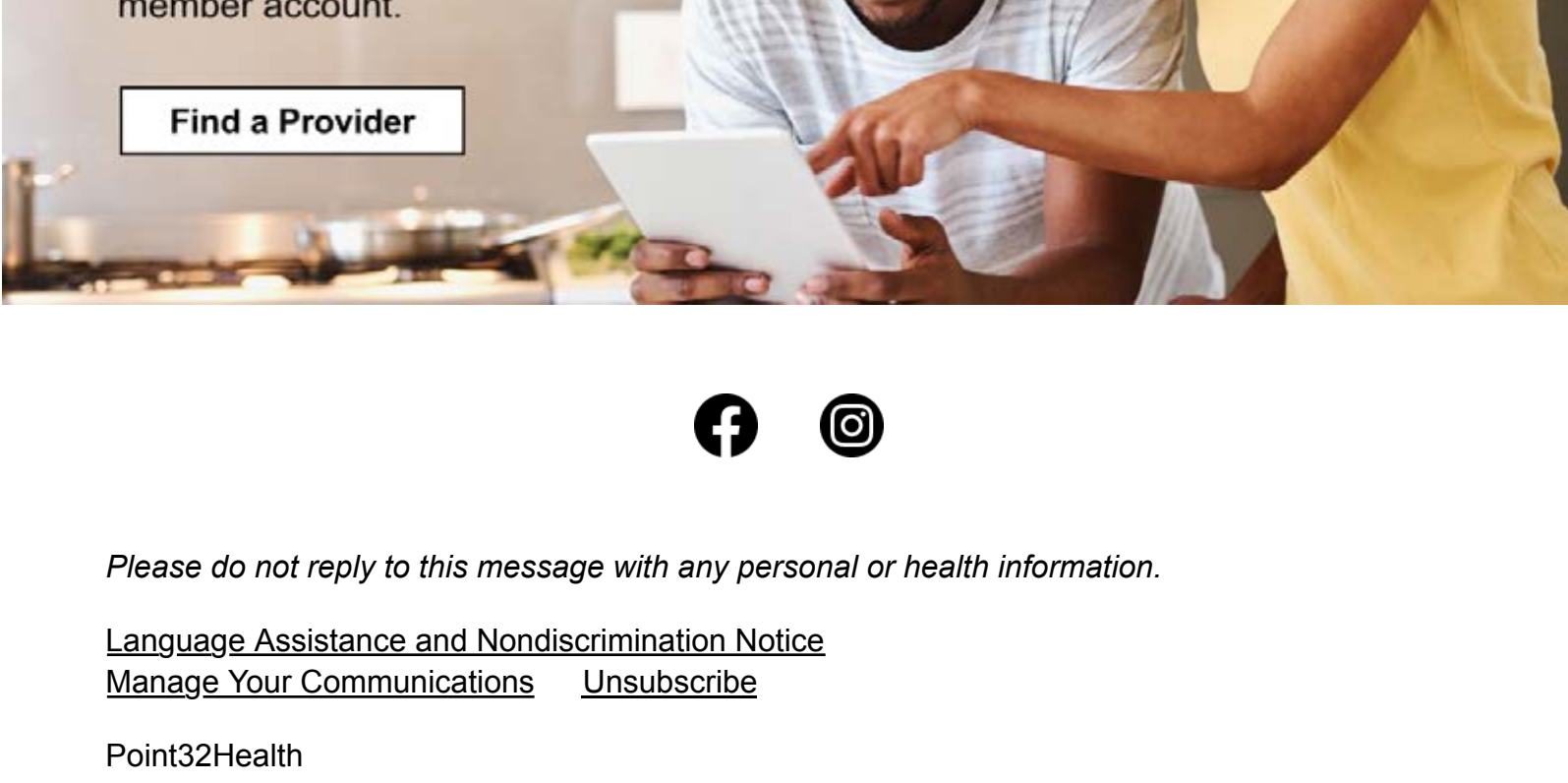




We are dedicated to ensuring all our members have equitable access to high-quality, affordable health care. Our approach and collective efforts continue to yield tangible benefits and national recognition. You can learn more about our efforts in the community in our **2023 Impact Report**.

## Have a Question?

Contact Member Services at **888-333-4742 (TTY-711)**



## Online Provider Search

Our search tool makes it easy to search for providers quickly from your secure member account.

[Find a Provider](#)

