



Harvard Pilgrim  
Health Care

Beth Israel  
Lahey Health



# 2025 BILH Living Well Program



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# Make Your Health and Well-Being A Priority

Beth Israel Lahey Health and Harvard Pilgrim are partnering to bring you BILH Living Well, a customized well-being program that gives you the resources and motivation you need to get and stay healthy.

This program is available at no cost to BILH employees and their spouses, and you don't need to be enrolled in a BILH medical plan to participate.

## NEW FOR 2025

Since prevention is key to maintaining good health, you can now earn points for completing preventive care activities that you're likely already doing!

### Earn up to \$150 in Gift Card Rewards for Completing Healthy Activities

Earn points for completing a wide range of activities, track your progress through your online Wellness Account, and once you've earned at least 2,500 points and complete the Wellness Assessment, you'll start earning rewards!

Level	Points	Reward
1 – Expert	2,500	\$50 gift card
2 - Champion	5,000	\$100 gift card

### How to Earn Points Toward Your Rewards

To earn rewards, you'll need to have an active Wellness Account through Harvard Pilgrim. Your first step is to complete the confidential Wellness Assessment. Then you can start earning points for other activities in the program. You don't need to participate in every activity to earn rewards, but the more you do, the more you'll earn!

Activities to Complete	Description	Points
<b>Confidential Wellness Assessment</b>	<b>This is your first step. Once you complete, you'll be able to "unlock" all of the other activities in the program.</b>  It takes about 10 minutes to complete and will help personalize your experience within your Wellness Account.	500
<b>Preventive Care Visits &amp; Screenings</b> <b>(Your key to good health)</b>	Prioritize your health and well-being by completing any of the following preventive measures: <ul style="list-style-type: none"><li>• Checkup with PCP</li><li>• Dental visit</li><li>• Eye care visit</li><li>• Behavioral Health Screening</li><li>• Mammogram</li><li>• Colonoscopy</li><li>• Vaccination (e.g., Flu, Covid)</li></ul>	250 each (1,000 point maximum for reporting up to 4 visits/screenings)
<b>Well-being Activities</b>	Physical Activity Challenges	50 per week
	Healthy Eating Challenges	50 per week
	Healthy Sleep Activities	600 per quarter
	Attend a free Living Well Community virtual session	50 per month
	Post to BILH Living Well Community Feed	50 per month
	Weekly Portal Check-ins: Earn points by logging in to your Wellness Account regularly to check out new activities and ways to earn points.	15 per week
<b>On-Demand Activities &amp; Learning</b>	Earn points for completing mindfulness activities, and exploring health and wellness articles, videos, podcasts and more through your Wellness Account.	Points vary; log in to your Wellness Account for more details



# Additional Year-Round Resources

Rewards are great, but it's ultimately about being healthy. That's why BILH Living Well includes additional resources to guide you on your path to well-being, and they're **available at no cost to you!**

**For all BILH employees – you don't need to be enrolled in a BILH medical plan to participate in these programs.**

## > Living Well Community

Harvard Pilgrim's popular program is open to all family members and is easily accessible via Zoom. Live fitness classes include yoga, strength training and cardio dance. Plus, you have access to weekly guided mindfulness sessions, health and wellness webinars and monthly sessions with experts who explore the science of mindfulness.

## Mindfulness Resources

- > In addition to Harvard Pilgrim's wide-ranging meditation and mindfulness resources, BILH employees have access to Meet the Moment, a collection of pre-recorded instructional videos, produced exclusively for BILH to address the particular needs and concerns of health care workers. Topics include the foundations of mindfulness practice, how to interact more effectively with patients and how to strengthen the bonds of both personal and professional relationships.

## KGA Employee Assistance Program

- > Get 24/7 confidential access to a network of experts for mental and emotional health, as well as support for family, home and work. Your KGA membership also includes access to online training, tools and resources to help you thrive. Call **855-760-2454** for confidential consultations, counseling and referrals or visit KGA online.

## Virtual Peer Support Program

- > BILH partners with the Betsy Lehman Center for Patient Safety to offer this program to the entire BILH community. Call **617-701-8101** to access this free, confidential program and you will be matched with a Peer Supporter within 1-2 business days.

- > **Care.com:** BILH offers all employees free, unlimited access to a leading online network of caregivers to find short- and long-term care for children, adults, pets, home, tutors and more.

**For employees enrolled in a BILH medical plan – these programs, available through Harvard Pilgrim, are included in your plan:**

## > Behavioral Health Resources Through Harvard Pilgrim

In addition to coverage under your BILH medical plan, you have access to self-service tools, virtual therapy and support from treatments for conditions like depression, anxiety, autism and substance use. For more complex concerns, Harvard Pilgrim's trained Behavioral Health Service Navigators can help find the right care for you and your family and assist with getting timely appointments.

## > Up to \$150 in Wellness Reimbursement

Get reimbursed for fees you pay toward a wide range of wellness activities — not just gym memberships:

- Select nutrition and mindfulness programs
- Traditional fitness facility memberships and virtual fitness subscriptions
- Purchase of cardiovascular and strength training equipment
- Town, club, or school athletic fees

*Additional restrictions apply.*

## > Family and Maternal Health Resources

- Access to OviaHealth: Comprehensive app-based support that guides you through the journey of reproductive health and family building, pregnancy, parenthood and menopause.
- Reimbursement up to \$150 for a Childbirth Class: Qualifying programs include in-person childbirth classes, as well as Tinyhood's online program, which includes on-demand pregnancy and parenting classes.

## > Discounts & Savings

Access exclusive discounts on health and well-being products and services, such as hearing and vision, healthy eating, holistic wellness, smoking cessation, family and senior care and more.



## Get Started Today!

Scan the QR code or go to [harvardpilgrim.org/bilhivingwell](https://harvardpilgrim.org/bilhivingwell) to:

- Learn more details about BILH Living Well
- Log in to your Wellness Account or set one up.  
(Not enrolled in a BILH medical plan? Use program code **C00561** when signing up.)
- Learn how to download WebMD's Wellness at Your Side app so you can access your Wellness Account from your smartphone



## Questions About BILH Living Well?

Email [LivingWellSupport@point32health.org](mailto:LivingWellSupport@point32health.org) or call **877-594-7183** Monday – Friday, 9 a.m. – 5 p.m.



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