



## Living Well Health Portal

Earn up to \$120 in rewards

### How it works:<sup>1</sup>

The Living Well Health Portal is Point32Health's colleague well-being rewards program. Enroll and earn rewards for participating in a variety of informative, fun and interactive activities including topics such as:

- Stress management
- Self-care
- Healthy eating
- Volunteerism
- Financial literacy
- Physical activity
- Environmental wellness
- Health plan literacy

### Earn up to \$120 in gift cards.

You'll earn rewards incrementally, so the more you participate in the program, the more rewards you earn. Point32Health **colleagues and their spouse or partner** can achieve up to eight levels, at \$15 each, for a total of \$120 in gift cards each year.

### Well-being as you define it. A community, at your fingertips.

Our program is packed with tools that let you define your own vision of well-being. Here are some of the features:

- Customize to suit your goals
- Sync to your wearable device
- Connect with others for tips and advice

Our digital engagement platform is easily accessible from most devices so you can stay on top of your goals wherever you are.

➤ Get started at [harvardpilgrim.org/livingwellportal](https://harvardpilgrim.org/livingwellportal)

<sup>1</sup> Rewards may be taxable, please consult with your tax adviser.