All about Whole You!
Welcome to Wellesley College’s Wellness Program, a program that inspires you to take care of your physical, financial, emotional and work well-being. Participation is optional, and the program is designed with a variety of activities to help you achieve your goals. All benefits eligible Wellesley College employees and spouses enrolled in a Harvard Pilgrim Health Care plan are invited to participate in the wellness program through December 15, 2020. Simply take part in activities to earn points toward the incentive.

How can I register?
Sign in or create a Harvard Pilgrim Wellness Account beginning Tuesday October 1st, at www.harvardpilgrim.org/wellnessaccount. If you have already created a HPHC wellness account, your login information will remain the same. If you are not an HPHC member and will be joining the program for the first time as a guest, please follow the guest registration guide.

How do I earn points?
By taking steps toward improved well-being and completing fun activities, you’ll accumulate points, reach higher levels and earn rewards. Points will be earned on the Wellness Account Portal. Various activities will be added to the Other Things to Do section of the home page throughout the year for new and fun ways to earn points.

You will see points reflected in your account once you click on an activity and click the red track button. Some activities may require tracking on multiple days to be completed.

<table>
<thead>
<tr>
<th>LEVEL ONE</th>
<th>LEVEL TWO</th>
<th>LEVEL THREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>300 points</td>
<td>500 points</td>
<td>1000 points</td>
</tr>
<tr>
<td>$25 Amazon Gift Card And Portable Lunch Container</td>
<td>$50 Amazon Gift Card</td>
<td>$100 Amazon Gift Card</td>
</tr>
</tbody>
</table>

***SPOUSES may complete the Wellbeing Assessment, beginning in January to earn their $50 Amazon Gift Card.

Upon completion please visit HR on or after the first Friday of the month following the month you completed level one in order to receive your lunch container. Gift cards will be distributed via email in the month following a level completion. In order to receive your reward, you will need to enter an active email address.

What Are the Incentive Components?
You may choose to participate in a variety of activities including:
- Wellness Online Portal Activities
- Onsite Workshop Attendance – Whole You
- Onsite PERA Fitness Classes
- meQuilibrium – Gold Badge

What are the program dates?
October 1st, 2019 - December 15th, 2020

Questions? Contact HPWellness@harvardpilgrim.org or call 1-877-594-7183, Monday – Friday, 9am – 5pm