



# Getting Started with your Well-Being Program

**1** Go to [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount).  
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 Well-being program click on **Learn More**.

**4** Get started by completing your Well-being Assessment!

## Need assistance?

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