WELLESLEY COLLEGE’S
WHOLE YOU PROGRAM
Getting Started: How Your Program Works

GO TO WWW.HARVARDPILGRIM.ORG/WELLNESSACCOUNT TO LOG IN TO THE WELLNESS PROGRAM

a. If you have a Harvard Pilgrim Online account, 
b. Don’t have a Harvard Pilgrim account? Create one here!

VISIT REGULARLY THROUGHOUT YOUR 15 MONTH PROGRAM
The Whole You program is open through December 2020. Once logged in, you will choose activities on the home page to participate in and track for points. New activities will roll out each month to keep things fresh and interesting. The addition of these activities will also provide you with the opportunity to accumulate the points necessary to complete the 3 program levels throughout the 15 months.

CHOOSE A FEW ACTIVITIES TO START WITH BY “JOINING” THOSE ACTIVITIES
You can browse through available activities under “Other Things to Do” on the website, or “Explore” on the app. (Once you join activities, they will move under “My Plan” on the website or “Improve” on the app.)

WATCH YOUR POINTS ADD UP AS YOU COMPLETE ACTIVITIES!
Your current point total and level you are in will display on your home page on the web site, or under “Rewards” on the app.

GET STARTED TODAY
WWW.HARVARDPILGRIM.ORG/WELLNESSACCOUNT

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