All about Healthy You!
Healthy You is a total well-being 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 wellness activities to help you achieve your goals. Between October 2018 and June 30th, 2019, you can participate in a series of well-being activities and programs to earn points toward an Amazon gift card.

Who can participate?
All benefits eligible Wellesley College employees. Spouses enrolled in a Harvard Pilgrim plan may also participate.

How can I register?
Sign in or create a Harvard Pilgrim Wellness Account at www.harvardpilgrim.org/wellnessaccount. If you have already created a Harvard Pilgrim wellness account, your login information will remain the same. Once you have set your Limeade preferences your Wellness Home Page will appear.

What rewards can I earn?
Wellesley College employees can earn 200 points to receive a $200 Amazon gift card. Spouses who are also Harvard Pilgrim members are eligible to receive a $50 Amazon gift card by completing the Well-Being Assessment. Spouses may participate in other activities but will not receive additional rewards.

Gift cards will be distributed via email at the end of the month in which you earn 200 points. In order to receive your reward, you will need to enter an active email address.

MeQuillibrium Activities
50 points for earning a gold badge or downloading the app

On-site Programs
100 points for attending a Healthy You on-site session, CalmCast Webinar, or Biometric Screening

Limeade Wellbeing Assessment
100 points for completing the Well-Being Assessment

Take advantage of online activities
Earn 50 points by signing in to your Wellness Account at harvardpilgrim.org/wellnessaccount, and completing Limeade online activities. Limeade activities are designed to help you explore different ways to improve your health and well-being and understand more about yourself.

When does the program end?
June 30th, 2019

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