



# Earn Points Towards Raffle Prizes in 2023

## Participate in Healthy You today!

Tufts Health Plan and Brandeis University are pleased to offer the updated Healthy You program to support your wellbeing. Start earning points for participating in a variety of informative, fun, and interactive online activities. The Healthy You digital engagement platform is easily accessible from most devices so you can participate and stay on top of your goals wherever you are!

## How rewarding is it?

By participating in different activities, you will earn points toward different levels. Once you achieve a level, keep going! Each quarter there will be a raffle for one \$50 gift card. Everyone who earn points, regardless of the level they achieve, will be entered into the quarterly raffle. At the end of the year, we will draw one winner of a \$100 gift card from all the program participants.

	January-March	April-June	July-September	October-December 15	Year end
Reward	Entrance into a drawing for a \$50 gift card	Entrance into a drawing for a \$50 gift card	Entrance into a drawing for a \$50 gift card	Entrance into a drawing for a \$50 gift card	Entrance in a drawing for a \$100 gift card

**Program dates:** January 1, 2023 to December 15, 2023

**Last day to participate:** December 15, 2023

**Eligibility:** the portal is open to all Brandeis University employees

## Getting started

### 1. Visit <https://tuftshhealthplan.com/livingwellportal>

Are you a Tufts Health Plan member through Brandeis University?

**YES** Locate the **Member Login** section. If you already have a Tufts Health Plan online member account, select **Login Now**. If not, select **Register Now**.

Once logged in, scroll down to **Health & Wellness** and select **Get Started**.

**NO** If you are not a Tufts Health Plan member through Brandeis University, locate the **Guest Login** section. Select **Create a guest account** and use the program code **TBrandeis**. It may take up to 24-hours for your account to be activated.

### 2. Once you've reached the health portal, complete the welcome page with the following information.

Language preference, sign-in name, and email address

### 3. For full details about the program, click on **Learn More**.

### 4. Get started by completing your Wellbeing Assessment.

#### Mobile device access:

1. Create your account via desktop first (step 2 above). Search for and download the Limeade app in the Google Play Store or Apple Store (NOT the Limeade ONE app).

2. Open the app and enter your program code: **Brandeis** (not case sensitive).

3. Login with your Tufts Health Plan member portal or guest account username and password.

**Need assistance?** Email [LivingWellSupport@point32health.org](mailto:LivingWellSupport@point32health.org) or call (877) 594-7183, Monday-Friday, 9am-5pm EST.

## Choose from a variety of activities to reach your goals!

Activity name	Points per each
<b>Annual activities:</b>	
Getting started – Learn about the program with 3 different activities	Varies
Wellbeing assessment	500
Annual medical & dental exam	300
Flu shot	300
Learn about health coaching <sup>2</sup> & health insurance know-it-all	50
Learn about the Living Well at Home series	100
<b>Quarterly challenges:</b>	
Two, 11-week challenges, one physical activity and one nutrition	Up to 1100
Activities for sleep, stress & seasonal wellbeing – up to two monthly activities, each worth up to 125 pts/month	Up to 125
<b>Pop up activities:</b>	
Additional activities may be added throughout the year	Varies

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

<sup>2</sup>Health Coaching is available to all Tufts Health Plan commercial members 18 years of age and older excluding Tufts Health Direct.