



Get Started with the Living WellSM Program! You May Find it Rewarding in Many Ways.

All edHEALTH schools and their employees have access to the Living WellSM online health and wellness program, powered by WebMD. Whether in the app or online, you have resources available year-round to support being your best self, plus an opportunity to earn points toward a monthly raffle.

How to Get Started

1. Go to harvardpilgrim.org/livingwellportal.

Are you a Harvard Pilgrim member through your employment at an edHEALTH school? (You don't have to be!)

- **YES?** Select **Harvard Pilgrim member login**. If you already have a Harvard Pilgrim online account, select **Log in to the Living Well Health Portal**, enter your username and password and **Log in**. If not, **Create Member Account**.
- **No?** If you are not a Harvard Pilgrim member through your employment at an edHEALTH school, select **Guest login**. If you already have a Guest online account, perhaps from a 2021 or earlier edHEALTH walking challenge, select **Log in to the Living Well Health Portal**, enter your **username and password** and **Log in**. Or Create Guest Account using the program code listed here. It may take up to 48 hours for your guest account to be activated."

Brandeis University
Program Code: TBrandeis

2. Next, complete the one-time welcome page and personalize your program by answering a few questions.

3. Explore the many great features of your new program, **including well-being activities and monthly reward opportunities**. You also can download the app and sync your own device. You'll find all the details in your personal wellness account!

Prefer using an app? Sign up for Living Well on the Go! Follow these simple steps before logging into your wellness account.

- 1) Download WebMD's Wellness at your Side
- 2) Once the app is open, enter the mobile program code: **lwportal**
- 3) Log in using your member or guest account.
(Instructions to your left)

Need assistance with your account?

- Email LivingWellSupport@Point32Health.org

Living WellSM



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