



Join the Healthy You Program Today!

Brandeis University is excited to continue offering the Healthy You program to support your well-being in 2025!
The 2025 program will run from January 2nd to December 31st on a portal powered by WebMD.

Join today and enjoy a variety of exciting features including:

- Personalized user experience
- Improved mobile app
- Digital coaching tool
- Community social feed
- Well-being assessment
- Articles, recipes, videos, podcasts
- And more

How rewarding is it?

By participating in activities and earning points you will be entered into quarterly drawings for one \$50 gift card.¹ Everyone who earns points, whether enrolled in the University's medical plan or not, will be entered into the drawings.
At the end of the year, we will draw one winner of a \$100 gift card¹ from all program participants.

January–March	April–June	July–September	October–December
Drawing for a \$50 gift card ¹	Drawing for a \$50 gift card ¹	Drawing for a \$50 gift card ¹	Drawing for a \$50 gift card ¹

¹Rewards may be taxable, please consult with your tax adviser.

To get started:

1. Visit harvardpilgrim.org/livingwellportal

Are you a Harvard Pilgrim member through Brandeis University?

YES: Select **Harvard Pilgrim member login**. If you already have a Harvard Pilgrim online member account, enter your username and password and **Log In**. If not, **create a Member Account**.

NO: Select **Guest login**. If you have accessed the Healthy You portal with a guest account in the past, enter your existing guest username and password. If not, **create a Guest Account** using 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 one-time welcome page and personalize your program by answering a few questions.

3. Explore all the great features of the new Healthy You program, including well-being activities, rewards, how to download the app and how to sync a device.

Participate in Healthy You on The Go!

Mobile app instructions:

1. Complete the "To get started" steps above for the first time on a desktop computer.
2. Download WebMD's Wellness At Your Side app in the Google Play Store or App Store.
3. Open WebMD's Wellness At Your Side app and enter the mobile program code (all lowercase): **lwportal**
4. If you see a Welcome Screen, click "Sign in using SSO" and then log in using your Harvard Pilgrim online member or guest account.

As part of their security standard, WebMD requires you to re-authenticate your account regularly, so you may want to keep your login credentials handy.

Need assistance?

Email LivingWellSupport@point32health.org or call **(877) 594-7183**, Monday – Friday, 9:00 am – 5:00 pm ET.