



Harvard Pilgrim
Health Care

Beth Israel
Lahey Health



BILH Living Well 2026

Find everything you need at harvardpilgrim.org/bilhlivingwell



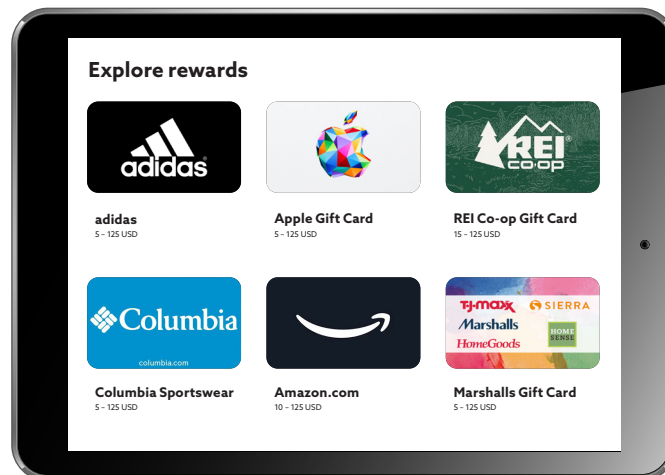
Make Your Health and Well-Being A Priority — and Earn Rewards!

Beth Israel Lahey Health and Harvard Pilgrim are partnering to bring you BILH Living Well, a customized well-being program that gives you the resources and motivation you need to get and stay healthy. This program is available at no cost to BILH employees and their spouses, and you don't need to be enrolled in a BILH medical plan to participate.

Level	Points	Reward
1 – Expert	2,500	\$50 gift card
2 - Champion	5,000	\$100 gift card

Earn up to \$150 in Gift Card Rewards for Completing Healthy Activities

Earn points for completing a wide range of activities, track your progress through your online Wellness Account, and once you complete the Wellbeing Assessment and earn at least 2,500 points, you'll start earning rewards!



Activities to Complete	Description	Points
Begin Well: Complete the confidential wellbeing assessment	This is your first step. Once you complete, you'll be able to "unlock" all of the other activities in the program. It takes about 10 minutes to complete and will help personalize your experience within your Wellness Account.	300 points
Stay Well: Complete 3 preventive care activities	Prioritize your health and well-being by completing any of the following preventive measures: • Checkup with PCP • Dental visit • Eye care visit • Behavioral Health Screening • Mammogram • Colonoscopy • Vaccination (e.g., Flu, Covid)	300 points for reporting 3 visits/ screenings
Move Well: Track 150 minutes of physical activity per week	Log your activity manually or connect your personal tracking device (e.g., Apple Watch, Fitbit, etc.) to your Wellness Account for automatic tracking through the year.	125 points per week
Rest Well: Track 7 or more hours of sleep each night	Log your hours of sleep manually or connect your personal tracking device (e.g., Apple Watch, Fitbit, etc.) to your Wellness Account for automatic tracking through the year.	60 points per day
Nourish Well: Focus on healthy eating	Topics vary each month (e.g., healthier breakfast choices, holiday eating habits, etc.). Activities may include creating personalized goals and a plan, tracking your progress, reading articles and more.	250 points per month
Feel Well: Strengthen your emotional fitness	Topics vary each month (e.g., overcoming seasonal blues, building resiliency, etc.). Activities may include making simple lifestyle changes like prioritizing your sleep, decluttering, spending time outdoors, etc.).	250 points per month
Think Well: Challenge your brain	Topics vary each month (e.g., Focusing your attention, improving sleep habits etc.). Activities may include learning a new skill, solving puzzles, creating and tracking goals, etc.).	250 points per month
NEW for 2026: Discover your caregiver intensity score and caregiver resources with Archangels	BILH offers Archangels, a resource for staff who care for loved ones. Take the 2-minute Caregiver Intensity Quiz to help you understand how much you are impacted by issues typically faced by caregivers and learn about free resources available.	100 points

Additional Year-Round Resources

Rewards are great, but it's ultimately about being healthy. That's why you have access to these additional resources to guide you on your path to well-being.

For all BILH employees – you don't need to be enrolled in a BILH medical plan to participate in these programs.

Archangels

BILH offers this important resource to staff who care for loved ones outside of work. Answer a few questions and discover your "Caregiver Intensity Score" to see how much you are impacted by issues typically faced by caregivers. You'll also find links to free resources from BILH and beyond.

Virtual Peer Support Program

When your job is caring for others, it's easy to forget about yourself. The Massachusetts Virtual Peer Support Network connects you one-on-one with someone who's been in your shoes. Whether you work in direct care, administration, environmental services, facilities or another role, this support is for you.

Living Well Community

Harvard Pilgrim's popular program is open to all family members and is easily accessible via Zoom. Live fitness classes include yoga, strength training and cardio dance. Plus, you have access to weekly guided mindfulness sessions, as well as health and wellness webinars.

Mindfulness Resources

Discover Meet the Moment, a collection of pre-recorded instructional videos, produced exclusively for BILH to address the particular needs and concerns of health care workers. Topics include the foundations of mindfulness practice, how to interact more effectively with patients, and how to strengthen the bonds of both personal and professional relationships.

KGA Employee Assistance Program

Get 24/7 confidential access to a network of experts for mental and emotional health, as well as support for family, home and work. Your membership also includes access to online training, tools and resources to help you thrive. Call **855-760-2454** or visit KGA online.

Care.com: BILH offers free, unlimited access to a leading online network of caregivers to find short- and long-term care for children, adults and pets, as well as access to home goods and services, tutors and more.

For employees enrolled in a BILH medical plan – available through Harvard Pilgrim and included in your plan:

Behavioral Health Resources Through Harvard Pilgrim

Harvard Pilgrim's whole-person care — delivered through a wide network of providers across New England and nationwide — connects you to high-quality behavioral health services, including access to digital tools, personalized virtual therapy, specialized pediatric care for all ages, comprehensive substance use disorder treatment, and a dedicated behavioral health navigation team to guide you to the care that's right for you.

Care Management Support

Harvard Pilgrim's integrated Care Team includes registered nurses, behavioral health clinicians, community health workers, pharmacists, and care coordinators who can work closely with you and your covered family members to navigate health needs — from surgery and chronic conditions to pregnancy, medication management and lifestyle changes. They collaborate with you, your doctor, and other providers to ensure coordinated, supportive care for every step of your health journey.

Up to \$150 in Wellness Reimbursement

Get reimbursed for fees you pay toward a wide range of wellness activities — not just gym memberships:

- Select nutrition and mindfulness programs
- Traditional fitness facility memberships and virtual fitness subscriptions
- Purchase of cardiovascular and strength training equipment
- Town, club, or school athletic fees

Additional restrictions apply.

Family and Maternal Health Resources

- **Ovia Health:** Comprehensive app-based support that guides you through the journey of reproductive health and family building, pregnancy, parenthood and menopause.
- **Up to \$150 in childbirth class reimbursement:** Qualifying programs include in-person childbirth classes, as well as Tinyhood's online program, which includes on-demand pregnancy and parenting classes.

Discounts & Savings

Get exclusive discounts on health and well-being products and services, such as hearing and vision, healthy eating, holistic wellness, smoking cessation, family care and more.



Get Started Today!

Scan the QR code or go to harvardpilgrim.org/bilhlivingwell to:

- Learn more details about BILH Living Well
- Log in to your Wellness Account or set one up.
(Not enrolled in a BILH medical plan? Use program code **C00561** when signing up.)
- Learn about additional resources to support a healthy mind and body.



Questions About BILH Living Well?

Email LivingWellSupport@point32health.org

Download the Free App

WebMD's Wellness At Your Side app lets you access your Wellness Account on your smartphone. After you create your Wellness Account:

- Download the WebMD Health Services Wellness At Your Side app on the Apple App Store or Google Play Store
- Register using mobile program code **lwportal**
- Log in with the username and password you set up for your Wellness Account



Harvard Pilgrim
Health Care



Beth Israel
Lahey Health