



Wellness Programs & Services

Your company is unique and so is your workforce. That is why we will work with you to build a strategic wellness program tailored to your population's needs. We offer a broad range of programs and solutions — most at no additional cost. Please contact your Account Executive or Wellness Consultant to discuss the options below.

Wellness Program Consulting

- Strategic planning and program development

Living WellSM Health Portal

- Holistic well-being portal with the opportunity to earn carrier-funded rewards

Living WellSM Community

- Weekly schedule of live, virtual classes including wellness, fitness, and mindfulness
- On-demand YouTube channel
- Private Facebook group

Clinical Benefit Programs

- Ovia Health Maternal and Family Wellness
- Healthy Weight program¹

Living WellSM Workplace²

- On-site and virtual workshops, classes, cooking demonstrations, and coaching
- On-site screenings, massage, and information and demonstration stations
- Farm to workplace meal delivery³
- To-Go Kits
- Wellness products
- Discounted Fitbits
- Discounted subscriptions to popular programs targeting various areas of well-being

Member Savings & Reimbursements

- Exclusive member discounts and savings
- Reimbursement⁴ options for weight management, childbirth classes, and fitness or wellness

¹ The Healthy Weight program is available to eligible Harvard Pilgrim Health Care members including all fully insured members (group and individual commercial plans). For self-insured accounts, program eligibility and benefits may vary by employer, plan and state. Please check with your employer if you have any questions about eligibility for the Healthy Weight program. If offered, an annual preventive services medical claim for nutritional counseling services will be submitted by the Healthy Weight program for each member who uses the service with no member cost sharing. Programs and services subject to change.

² Available for a fee.

³ Availability may vary by location.

⁴ Program eligibility and benefits may vary by employer, plan, and state.