



Harvard Pilgrim
Health Care

a Point32Health company



Resources For Your Health and Well-being

At Harvard Pilgrim, we're not just your health plan provider; we are your health care partner, offering the resources you need to help you stay healthy.



Secure Member Account and Mobile App

Log in or activate your secure online account or download the Harvard Pilgrim mobile app to quickly and securely access all your health plan benefit information.



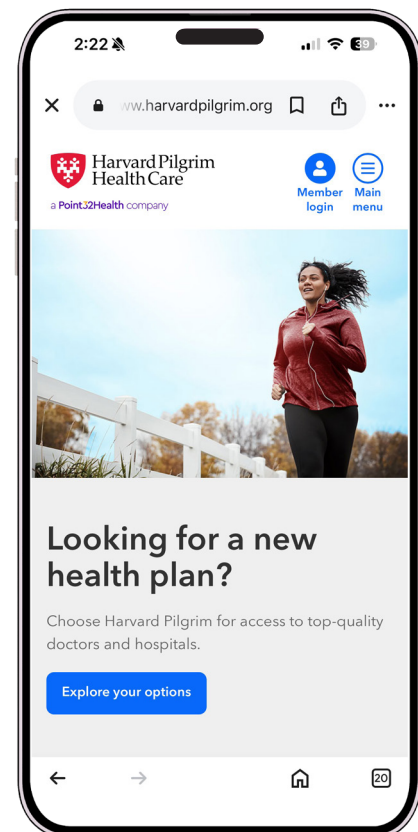
MyConnect

MyConnect, a member advocate service team, is your direct connection with Harvard Pilgrim. Available to you and your family members, whether you have questions about benefits, need help finding care or you're trying to meet your healthy lifestyle goals. Call MyConnect at **866-623-0184** or download the app to securely message a member advocate at your convenience.



Doctor On Demand

Connect with a U.S. board-certified provider via your smartphone, tablet or computer for general medicine and behavioral health services.



Fitness/Wellness Reimbursement*

Get reimbursed for either fitness or wellness activities for you and your family.

Good Measures*

Looking to lose weight, prevent or manage a health condition, or make better food choices? Harvard Pilgrim has partnered with Good Measures to offer their Healthy Weight program to help you manage weight in a nutrition-focused way to help you reach your goals.

Living Well

Enroll in the Living Well Health Portal to start earning rewards for participating in a variety of information, fun and interactive activities including healthy eating, physical activity, self-care and more.

Mind the Moment

Mind the Moment, our mindfulness program, helps you tap into your brain's built-in capacity to manage stress, increase focus and stay healthy. Mind the Moment provides guided meditations and mindfulness instructional videos.

Family & Maternal Health

- **Lactation Consultant Coverage:** 100% coverage for lactation support from certified consultants.
- **Ovia Health:** Available to support and guide you through the journey of reproductive health, pregnancy, and parenthood. Ovia offers three mobile apps that offer a variety of resources and tools to assist you no matter where you are on your journey.

Discounts & Savings

Discounts and savings through your Harvard Pilgrim Health Care coverage include:

- **Fitness:** Receive discounts on virtual fitness classes through Daily Burn as well as discounts on purchases through stores such as ProSourceFit, Marathon Sports, Runner's Alley and more.
- **Healthy Eating:** Receive discounts on meal planning and meal delivery services through The Dinner Daily, Savory Living, Eat Right Now and more.
- **Holistic Wellness Products:** Receive discounts on wellness products through DharmaCrafts, Magic Weighted Blanket and Mighty Well.
- **Holistic Wellness Services:** Receive discounts on wellness and mindfulness services through Happier, Ivy Child, Undwinding Anxiety and more.
- **Vision and LASIK:** Receive discounts on glasses through EyeMed affiliated providers and discounts on LASIK vision procedures through Davis Vision, QualSight LASIK Savings and US Laser Vision Network.
- Additional discounts and savings can be found on your HPHC Member Portal for services such as Family and Senior Care, Hearing, Dental, and Quit Smoking.

> Access your member account or call MyConnect for more details.

* Program eligibility and benefits may vary by employer, plan and state. Please access your Member Portal for eligibility.

** These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs are subject to change without advance notice. Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied with respect to the programs and services offered.