

## A Guide to using Limeade - Harvard Pilgrim's new wellness portal

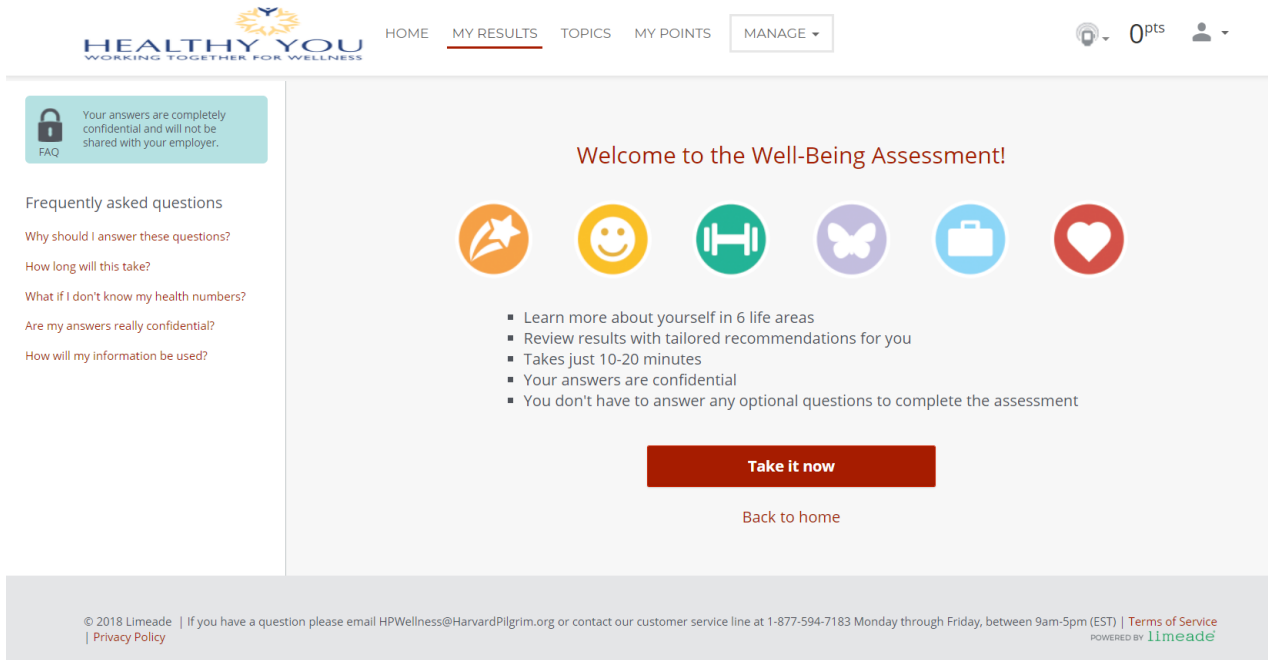
This program is packed with tools that let you define your own vision of well-being, whether that means nutrition, fitness, finances, stress management, social connections, better sleep...or all of the above!

Here's how to get the most out of your program.

- **Take the Limeade Wellbeing Assessment** to understand more about yourself so you can explore different ways to improve your health and well-being and take action by choosing areas you would like to improve.
- **Visit regularly** to choose activities to work on, connect with others, or enjoy a little friendly competition.
- **Choose a few activities to start with by "joining" those activities.** You can browse through available activities under "Other Things to Do" on the website, or "Explore" on the app. (Once you join activities, they will move under "My Plan" on the website or "Improve" on the app.)
- **Download the free mobile app** to access your program on the go. Join the activity named "Download the Mobile App" for instructions on how to get the app and connect it to your account.
- **Watch your points add up as you complete activities.** Your current point total will display on your home page on the web site, or under "Rewards" on the app.
- **Visit About the Program to learn more about earning points**, progressing through the program levels, and qualifying for rewards. (On the website, click the "Learn more" link on your home page; on the app, go to "Rewards" and then select the "... " menu at the top right corner)

Questions about the program? Please email [HPWellness@HarvardPilgrim.org](mailto:HPWellness@HarvardPilgrim.org) or contact our customer service line at 1-877-594-7183 Monday – Friday, between 9am-5pm (EST)

Start your wellness journey by completing the **Well-Being Assessment**. Once you have logged into the new Healthy You web portal, go to the **My Results** page to complete the Well-Being Assessment!



HEALTHY YOU  
WORKING TOGETHER FOR WELLNESS

HOME MY RESULTS TOPICS MY POINTS MANAGE

0pts

Your answers are completely confidential and will not be shared with your employer.  
FAQ

Frequently asked questions

- Why should I answer these questions?
- How long will this take?
- What if I don't know my health numbers?
- Are my answers really confidential?
- How will my information be used?

Welcome to the Well-Being Assessment!

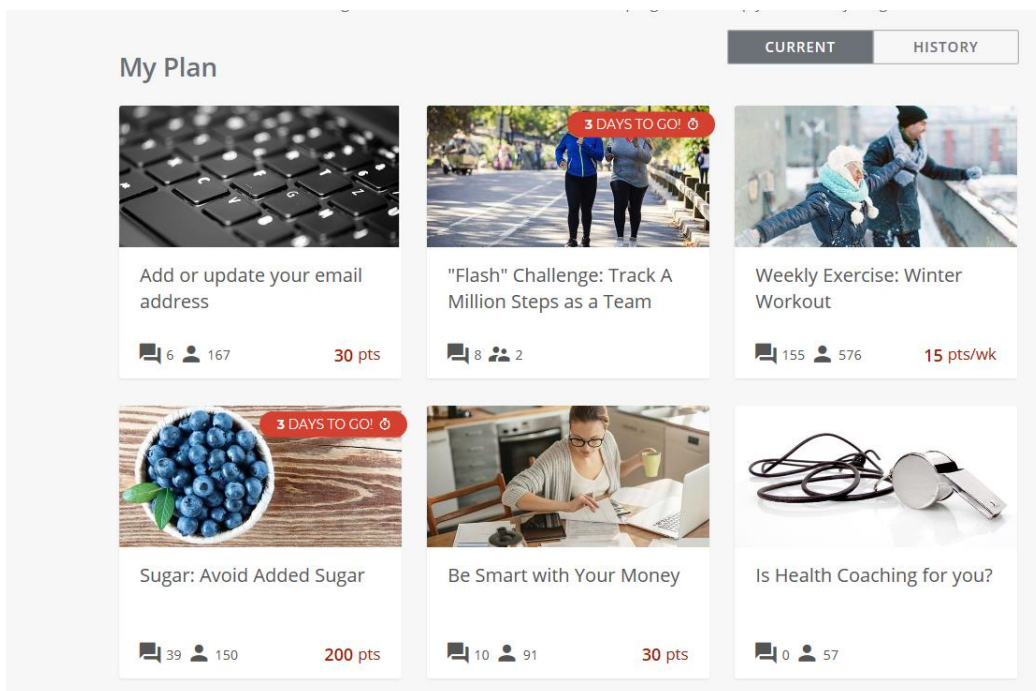
- Learn more about yourself in 6 life areas
- Review results with tailored recommendations for you
- Takes just 10-20 minutes
- Your answers are confidential
- You don't have to answer any optional questions to complete the assessment

Take it now

Back to home

© 2018 Limeade | If you have a question please email HPWellness@HarvardPilgrim.org or contact our customer service line at 1-877-594-7183 Monday through Friday, between 9am-5pm (EST) | Terms of Service | Privacy Policy  
POWERED BY limeade

**My Plan** - This section will hold activities that a participant has expressed interest in by clicking on, but has not yet completed. Click on the activities to see a full description and track your progress.



My Plan

CURRENT HISTORY

3 DAYS TO GO!

Add or update your email address  
6 167 30 pts

"Flash" Challenge: Track A Million Steps as a Team  
8 2 30 pts

Weekly Exercise: Winter Workout  
155 576 15 pts/wk

3 DAYS TO GO!

Sugar: Avoid Added Sugar  
39 150 200 pts


Be Smart with Your Money  
10 91 30 pts

Is Health Coaching for you?  
0 57

**Other Things to Do** - This section will hold activities not yet clicked on or tracked by the participant. Click on activities to see full description and move them to **My Plan**.

### Other Things to Do


Explore More >



3 DAYS TO GO! 🕒


Sugar: Swap Sugary Drinks for Water 2x a Week

🗨️ 32 👤 113 50 pts/wk




3 DAYS TO GO! 🕒

Welcome to February!




Make Healthy Comfort Food This Winter

🗨️ 110 👤 587 15 pts/wk




Reach for Fitness

🗨️ 25 👤 419 30 pts




Is it Insomnia or Poor Sleep?


🗨️ 10 👤 126 30 pts




Settle the Score by Checking Your Credit

🗨️ 4 👤 109 30 pts







### Example Activity

📅 JAN 3 - MAR 31
30 pts
⋮ ×

## Is it Insomnia or Poor Sleep?

To complete this, [learn about insomnia](#).

---

**About this activity**

Do you know if your fatigue or feelings of tiredness during the day are caused by insomnia? Insomnia (in-SOM-ne-ah) is a sleep disorder and can be short-term or long-term (chronic). Chronic insomnia can lead to feeling like you haven't slept at all. For this activity, [read this article to see if you are at risk for insomnia](#). Consult your doctor if you feel that your lack of energy could be from this sleep disorder. Get more information by clicking through below.

**More information**

It's incredibly frustrating when you can't get enough sleep. Keeping a regular bedtime, winding down an hour before bed, yoga and meditation have all been known to help. Same for shutting down your devices at least 30 minutes before you hit the hay, and avoiding stimulants like caffeine, alcohol and nicotine. But if you've tried just about everything and still can't fall or stay asleep, seeing your doctor is your next step, especially if you have trouble concentrating, lack of energy or nod off during the day. A sleep specialist will

🔒 Set your default privacy settings for this activity. You can always change it from the tracking section.
🔓 EVERYONE

GET STARTED >

Click on get started to be able to track an activity you have completed

