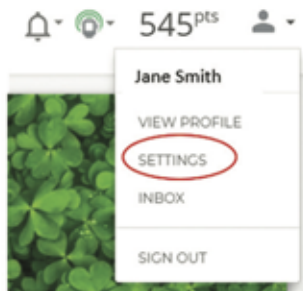



Log in to your wellness account



How to connect a fitness app or device to your Harvard Pilgrim Wellness account

1. **LOG IN** to your wellness account at www.harvardpilgrim.org/wellnessaccount
2. **NAVIGATE** to *Settings* → *Apps & Devices* from your program's home page



3. **SELECT**  to connect your app or device of choice.* You will then be prompted to log in to your account linked to the app or device. (If you need to download an app or device, click Get It!)

Fitbit users must select "allow all option" in order to sync.

*It is recommended that you connect one app or device to avoid duplicating your tracked activities.

4. **JOIN** an activity or challenge to start syncing your device or app. Your device will automatically track activity when applicable

Remember, you can also connect your device on your smartphone on your Limeade app.

- a. To navigate to your *Settings* page, click on the drop down arrow next to your profile photo and click *Settings*
- b. Click *Apps & Devices*

Need assistance?

Email HPWellness@harvardpilgrim.org or call (877) 594-7183, Monday-Friday, 9am-5pm EST