



# Join edHEALTH's 2026 Winter Wellness Challenge!

## February 9 - March 6, 2026

**Knowledge is power!** This challenge aims to help you learn more about your personal health and wellness. All you have to do is log into the **Living Well portal** and take **WebMD's Wellbeing Assessment**. Once completed, you'll receive a personalized health report that includes tips to help you find your healthy place and path forward.

Join colleagues across your campus and many edHEALTH schools in this four-week challenge. Here's how it works.

### 1. Log in to the Living Well Portal<sup>SM</sup>, powered by WebMD, and enroll in the Wellbeing Assessment.

Refer to the Living Well flyer for full details, or get started now using the link below with **edHEALTH's code: CedHth**

[www.harvardpilgrim.org/public/living-well-health-portal](http://www.harvardpilgrim.org/public/living-well-health-portal)

Note: You don't need to be enrolled in a Harvard Pilgrim health plan through your school to participate. All employees can join the challenge!\*

### 2. Complete the questionnaire.

- To receive a report that can help you find and maximize your health and well-being, you'll want to answer truthfully and realistically.
- There are no right or wrong answers. The goal is for you to uncover the right resources to support you on your path to wellness.

### 3. How to win a reward:

- All qualified participants from each school will be entered into a weekly raffle to win a \$50 e-gift card.
- One weekly winner will be selected from each school.
- The school with the highest assessment completion rate wins the grand prize of a celebratory event on their campus this spring.

**edHEALTH will announce the winners in March 2026.**

**WebMD<sup>®</sup>**  
**Health**  
Services

**Prefer using an app? Sign up for Living Well on the Go!**

Follow these three steps before logging into your wellness account.

- 1) Download WebMD's Wellness at your Side
- 2) Once the app is open, enter the mobile program code: **lwportal**
- 3) Log in using your member or guest account. (Instructions to your left)

**Have questions about your Living Well account?**

Email [LivingWellSupport@Point32Health.org](mailto:LivingWellSupport@Point32Health.org)

\*If you receive your medical insurance from Harvard Pilgrim but not through your employer, please create a new guest account with a separate email address to participate in this challenge.

**Living Well**<sup>SM</sup>



Point32Health companies

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