



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 PortalSM, 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

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.



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

*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 WellSM

Harvard Pilgrim
Health Care

TUFTS
Health Plan

edHEALTH