

# Be well, save money and use your plan with **www.harvardpilgrim.org**

**Our Web site for members is designed to make it easy for you to get information and do the things you need to do to make the most of your Harvard Pilgrim plan.**

That includes learning about:

- ⊕ Ways to improve your overall health and well-being
- ⊕ Special programs and tips to help you save money along the way
- ⊕ Tools and resources to help you manage your plan benefits

---

## Be well

### Learn about important topics affecting your health

- Access preventive care guidelines
- See educational resources on condition and disease management, including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health
- Take a health quiz

- Look up health topics from A to Z
- Check out our health and wellness publications for members
- Search online resources via our Web library

### Health improvement

- Learn about treatment options and how to prepare for a procedure 
- Participate in our Healthy Pregnancy program using interactive tools
- Take a Health Questionnaire and learn your wellness score 
- Visit [www.harvardpilgrim.org/wellness](http://www.harvardpilgrim.org/wellness) for well-being support based on where you are in life

### About **HPHConnect** for members

**HPHConnect** is a secure online member account that helps you manage your personal health through a wide variety of tools and resources.

## Save money

### Save on products and services to help you keep fit and healthy\*

- See the newest additions to our Your Member Savings program, which features special savings on health-related products and services including eyewear, fitness reimbursement,\*\* dental care, nutrition, alternative complementary medicine, safety products, eldercare and much more

### Save on medications\*\*\*

- Learn how to save with generic prescriptions
- Order mail service prescriptions 

---

## Use your plan

### Providers and services

- Find participating physicians
- See physician hospital affiliations and profiles
- Choose or change your primary care physician 
- Shop for care using Now iKnow<sup>SM</sup>, our online cost and quality tool 

### Your prescriptions\*\*\*

- Look up your medications by tier or retail price
- Find a pharmacy
- Check your prescription drug records 

### Your benefits and records

- Check your benefit and eligibility details 
- Check the status of your claims and authorizations 
- Track your health history (including allergies, illnesses/conditions, procedures and family history) and share information with providers using your Harvard Pilgrim Personal Health Record 
- Order an ID card 
- Update your contact info 
- Learn about new member programs
- Find out about benefit changes

We're also available  
by phone

Contact Member Services  
at (888) 333-4742. If you are  
deaf or hard-of-hearing,  
please call (800) 637-8257  
for TTY service.

\*These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active.

\*\* \$150 maximum reimbursement per Harvard Pilgrim policy in a calendar year (individual or family policy). Restrictions apply; reimbursement is not available to all members. Visit [www.harvardpilgrim.org/savings](http://www.harvardpilgrim.org/savings) or call us for details.  
(For tax information, consult with your employer.)

\*\*\* If your employer offers prescription drug coverage through Harvard Pilgrim.