

Rewarding healthy activities leads to better well-being and a healthier bottom line.

The Harvard Pilgrim **Be Active** incentive program rewards everyone from the casual walker to the fitness enthusiast.

How it works



Members and dependent spouses track their healthy activities, including walking, running, biking and visiting the gym.



With each activity, they'll earn money toward their HealthEquity HSA, delivered every month.



That's up to \$500 per person per year, or \$1,000 per household.

Benefits

- **Easy to implement**, with no extra burden for HR
- **Engages all fitness levels**, including highest-risk employees
- **Connects with 30+ popular apps and devices** for automatic, verified fitness tracking
- **Average participation rates of 69% per year** and 58% per month*



► **Contact your broker or Harvard Pilgrim account executive today to get started!** www.harvardpilgrim.org

* Based on IncentFit data from 95 participating companies during the period of January through December, 2019.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.