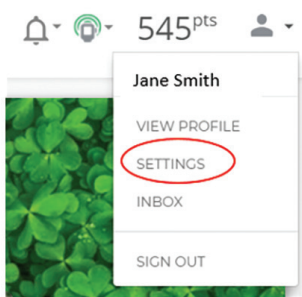





# How to connect an app or device to your Harvard Pilgrim Wellness account

Follow these instructions to track your fitness activity with an app or device. You can also connect your device on your smart phone using the Limeade app:

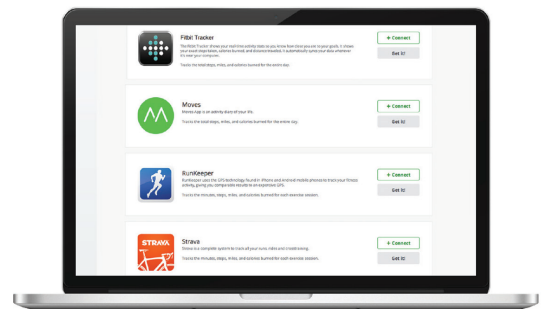
1. **LOG IN** to your wellness account at [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount)
2. **NAVIGATE** to *Settings* → *Apps & Devices* from your program's home page
  - a. To navigate to your Settings page, click on the drop down arrow next to your profile photo and click *Settings*



b. Click *Apps & Devices*

3. **SELECT**  to connect your app or device of choice.\* To connect, you must log in to the account linked to the app or device. (If you need to download an app or device, click *Get It!*)

\*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.

## Need assistance?

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