



# Welcome to Harvard Pilgrim

At Harvard Pilgrim, we're committed to guiding and empowering healthier lives for you and your family. As a new member, you can count on access to high-quality care, support, and services. Our health plans offer benefits for everything from preventive care and behavioral health services to Telehealth provided by Doctor on Demand.

For plans that include pharmacy benefits, we cover thousands of medications and offer a mail service option.



## Log into your member account to get started and review your plan benefits:

- › Secure access to your health plan information via the online account or mobile app
- › Access to our nurse care managers for support with chronic conditions
- › Tools for saving and estimating treatment costs
- › Exclusive perks on nutrition and fitness, acupuncture, and other holistic and wellness
- › Programs for behavioral health, women's health, smoking cessation, and others
- › Dedicated member services team to support you and answer all your questions

Learn more at [harvardpilgrim.org/newmember](https://harvardpilgrim.org/newmember)

Members should refer to their member benefit documents for details regarding benefits and coverage.