

UNH Managers – please share this information with your staff.

This notice is for ALL benefits eligible employees. You do not have to be covered by Harvard Pilgrim insurance to participate.

Starting on **October 22 through November 13th**, you can earn a **\$50 VISA Gift Card** from **Harvard Pilgrim HealthCare of New England** for taking health & wellness steps.

Complete a Health and Wellness Interest Survey & a Health Risk Appraisal! The survey and appraisal are designed to help you identify areas for improvement so you can make healthy changes. **You can complete the Health Interest Survey or Health Risk Appraisal in any order you'd like but both must be completed in order to be eligible for the \$50 Gift Card.**

YOUR STEPS: (October 22nd thru November 13th)

1. **Visit:** www.harvardpilgrim.org/usnh to complete the **Health Risk Appraisal** (requires that you login to HPHConnect)

HPHConnect Account Info:

For Harvard Pilgrim subscribers: If you already have an account follow the prompts on the screen. If you do not have an HPHConnect account yet, you will need to create one by clicking on the “*Register for HPHConnect Account*”.

* Please note that you will have to wait until your password is mailed to your home address (approx. 5 days) in order to proceed so the earlier you login to create an account the sooner you will be able to complete the Survey & Appraisal to receive your **\$50 VISA Gift card**. You can also obtain your HPHConnect account password by attending the *UNH Manchester Benefits Fair* on **October 26th** or the *UNH Durham Benefits Fair & Healthy Returns* program on **October 28th** (in the MUB). See a Harvard Pilgrim representative for assistance.

For non-Harvard Pilgrim subscriber employees: Instructions have been mailed to your home address on how to take the survey and appraisal to also receive your \$50 VISA Gift Card.

2. **Health Interest Survey (no login required).** Click on the Health Interest Survey Link on this page www.harvardpilgrim.org/usnh
3. **Upon completion, your \$50 VISA Gift card will be mailed to your home address.**