

GAIN LIFE

Move a little more, eat a little better, and feel great!

Experience the most personalized healthy living program at no cost for Harvard Pilgrim plan members*



Personalized to You

- ▶ Train your brain to stay motivated through custom mindset activities
- ▶ Receive guidance based on your activity and food preferences
- ▶ Lose a lot of weight, lose a little weight, or maintain your weight

Two Gender-based Programs



To learn how Gain Life can help you reach your goals, visit www.gainlifeapps.com

Enter the following code at Sign Up for access at no cost*: **HPHC2018**

*Available at no cost to you through 2018 & Available to self-insured accounts for a fee

www.gainlifeapps.com

