

August Social Media Overview: **Instagram**

08/04

Member Education/National Breastfeeding Month



Most Harvard Pilgrim plans offer coverage for breast pumps and lactation consultants. Log in to your secure member account to view your plan benefits and find a provider.
#NationalBreastfeedingMonth

08/06

Wellness Wednesday/Living Well Community - Story



Too hot to run outside?

Our virtual Living Well Community offers free fitness classes, weight training and more!

08/07

Member testimonial/Dr On Demand

24/7 Virtual Care at Your Fingertips



"I needed a seasickness patch before our boat trip. I connected with a Doctor On Demand provider, and within minutes my prescription was sent to the pharmacy. So easy and fast!"

— **Harvard Pilgrim Member**

Whether it's a sunburn, bug bites or an upset stomach, you can skip the urgent care wait and connect with a U.S.-based doctor anytime, anywhere. With Doctor On Demand, virtual visits are available 24/7 via a smartphone, tablet or computer — for non-emergency conditions like rashes, nausea and more. Stay healthy and enjoy summer to the fullest — no matter where you are. Link in bio.

<https://www.harvardpilgrim.org/public/telehealth>



August Social Media Overview: **Instagram**



08/12

National Immunization Awareness Month



Have you scheduled your child's annual checkup?

Harvard Pilgrim covers preventive screenings and immunizations for you and your covered family members — including infants — at no additional cost. Check with your pediatrician or follow the CDC's guidelines on important developmental milestones as well as vaccines needed for school-aged children. Visit our website and type early parenthood in the search bar for more information.
#NationalImmunizationAwarenessMonth #BackToSchool

08/14

Summer Recipe



Quick snack on a *hot* summer day

Filled with avocado and lightly pickled veggies, these nutritious sushi rolls are easy to make and pack up to go! Link in bio.

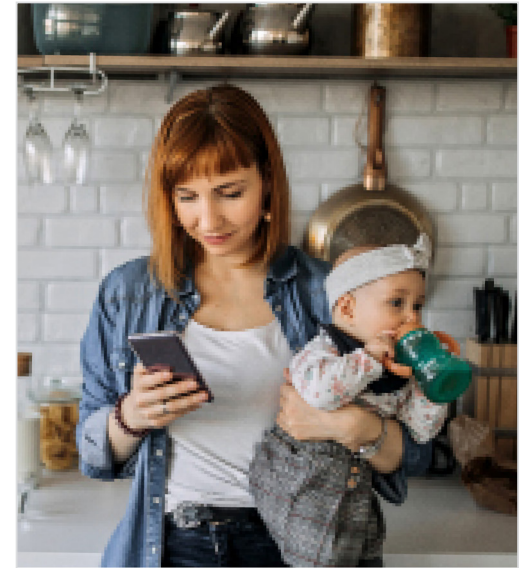
https://point32health.widen.net/s/hq8dq7ft6w/1699528376-hphc-summermembernewsletterrecipe-072225_final

08/18

OVIA -National Immunization Awareness Month - Story



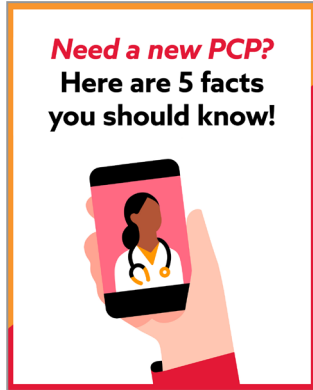
Questions about your child's vaccine schedule or annual checkup?



Get expert answers in real time with Ovia Health's chat support — no appointment required!

08/19

Member Education/Provider Search - carousel



 **Our Provider Directory**

1. Is updated five days a week
2. Integrates with your secure member account for personalized results

3. Allows you to search by specialty, location, name or distance
4. Includes in-office/virtual options
5. Lets you know if new patients are accepted

Harvard Pilgrim's Find a Provider directory makes it easy for you to search for doctors or hospitals using your secure member account. Log in now to get started.

08/20

Reminder about new member ID card in the mail



**New
Member ID Card,
Same Great Benefits**

We've refreshed the design of our member ID cards to make accessing care easier — especially outside New England. Your digital wallet card is up to date in your secure member account.

- Easier provider recognition
- New cards arriving by mail August-December

Log in to your secure member account today.

#HealthCoverage #MemberExperience #UnitedHealthcareNetwork
#HarvardPilgrim

08/26

Health in New England Explored Collaboration - Story



Health in New England Explored

How the emotional roller coaster of being a Boston sports fan can be good for your mental health!





August Social Media Overview: **Instagram**

08/27

Women's Health/Menopause support

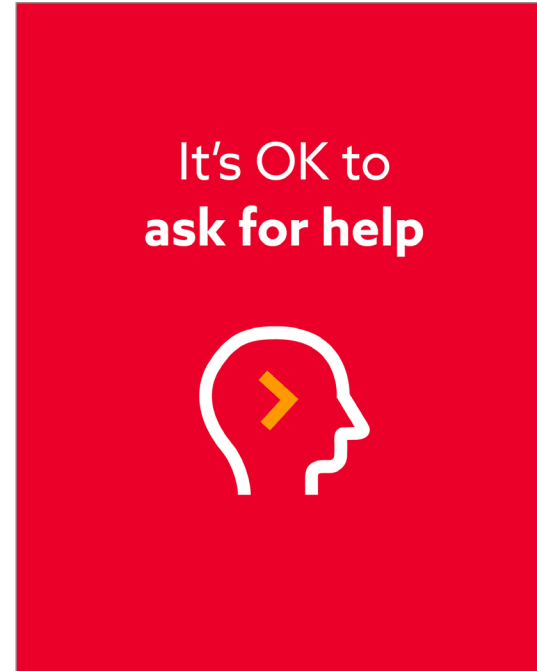


Harvard Pilgrim offers comprehensive education for women's health including menopause support. Get answers to questions about hormone therapy, perimenopause, hot flashes and more. Link in bio.

<https://www.harvardpilgrim.org/public/menopause-support>

08/31

BH Resources& Substance Use Treatment



If you or someone you love is struggling with addiction or substance use disorder, Harvard Pilgrim has resources that can help. Call the number on your member ID card or visit our behavioral health webpage for links to our resources. #InternationalOverdoseAwarenessDay #EndOverdose

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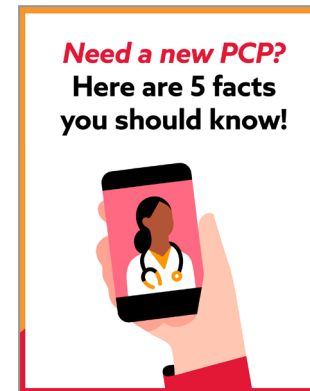


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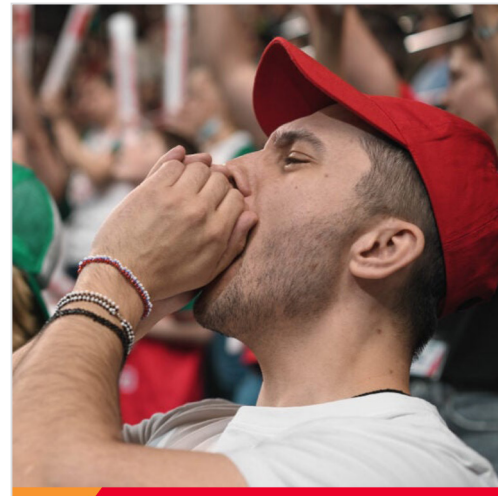
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<https://www.harvardpilgrim.org/public/substance-use-treatment>

It's OK to
ask for help



08/01

Point32Health Dental/Vision



**Better
together:
Medical +
Dental +
Vision**

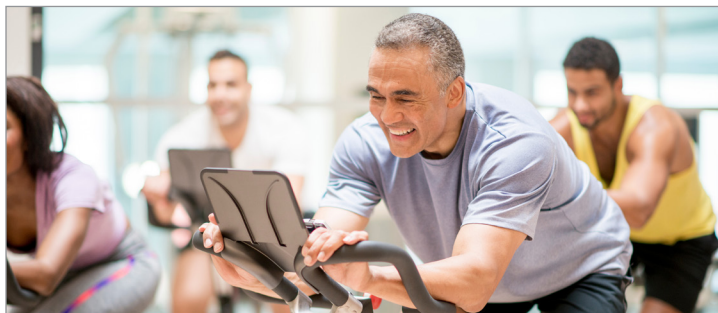


Bundle your Harvard Pilgrim medical plan with our dental and vision plans for access to more comprehensive coverage that employees truly value. Some things just work better together — contact your broker or account manager today.

<https://www.harvardpilgrim.org/employer/dental-vision/>

08/07

Exclusive Discounts & Perks



Exclusive Discounts & Perks

Harvard Pilgrim offers comprehensive discounts on nutrition, mind and body, fitness, and other services to help our members live healthier lifestyles and provide out-of-pocket savings. Visit [harvardpilgrim.org/discounts](https://www.harvardpilgrim.org/discounts) to learn more.

08/19

Member Education/Provider Search

**Provider
Search
Made Easy**



Harvard Pilgrim's online provider directory helps members easily find participating providers, specialists and hospitals. Updated five days a week, our search tool yields personalized results such as location, virtual, in-office and more — in minutes. Learn more.

<https://www.harvardpilgrim.org/public/find-a-provider>

08/26

Health in New England Explored Collaboration



From comeback wins to gut-wrenching losses, Boston sports fans have experienced it all. In our recent article series with [tag] @BostonGlobe-Media, we explain how the emotional roller coaster of being a Boston sports fan can be good for your mental health!

<https://sponsored.bostonglobe.com/harvard-pilgrim-health-care/sports-fans/>

08/31

BH Resources & Substance Use Treatment



Harvard Pilgrim members have access to highly trained providers, counselors, and care managers to help those who are struggling with addiction or substance use disorder. Timely behavioral health support promotes resilience, improves health outcomes, and contributes to a more productive, engaged workforce — making your investment in this health plan even more impactful. #InternationalOverdoseAwarenessDay #EndOverdose

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August

Social Media Overview

